

3 Good Things That Happened Today



GRATITUDE JOURNAL *Day 1*

1. _____
2. _____
3. _____

Today I am Grateful For:

3 Things That Surprised Me Today

The form consists of three rounded rectangular boxes arranged vertically. The top box is connected to the middle box by a line that goes down, then right, then up. The middle box is connected to the bottom box by a line that goes down, then left, then up.

A large, vertically oriented rounded rectangle with a dashed border, intended for writing a list of things the user is grateful for.

I would maintain that thanks
are the highest form of thought,
and that gratitude is happiness
doubled by wonder.

Gilbert K. Chesterton

3 Good Things That Happened Today



1. _____
2. _____
3. _____

Today I am Grateful For:

6 Things I Know Now That I Wish I Could Tell

My Younger Self...

Gratitude unlocks the fullness of life. It turns what we have into enough, and more. It turns denial into acceptance, chaos to order, confusion to clarity. It can turn a meal into a feast, a house into a home, a stranger into a friend.

Melody Beattie

3 Good Things That Happened Today

1. _____
2. _____
3. _____



3 Things I'm Good At

1. _____
2. _____
3. _____

8 Ways I Can Use my Talents to Help Others

- | | |
|----------|----------|
| 1. _____ | 5. _____ |
| 2. _____ | 6. _____ |
| 3. _____ | 7. _____ |
| 4. _____ | 8. _____ |

Today I am Grateful For:

A large, vertical rounded rectangle with a dashed black border, intended for writing a list of things the user is grateful for.

Oh, give thanks to the Lord, for
He is good; for His steadfast
love endures forever.
Psalm 107:1

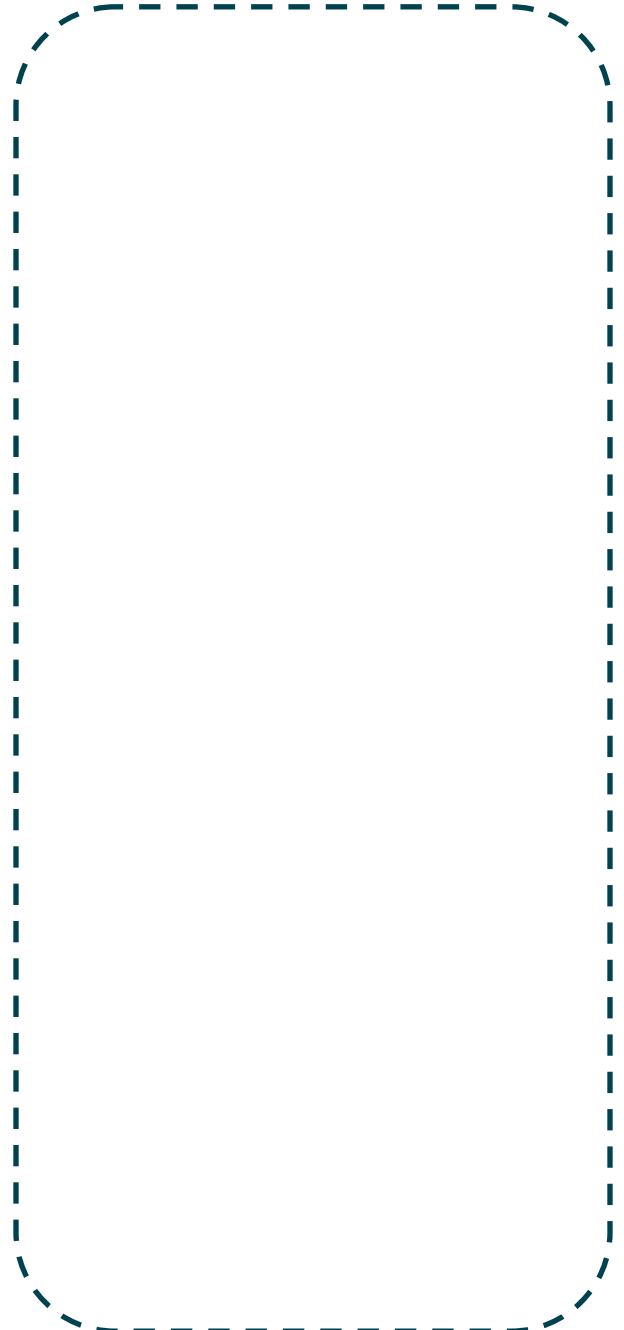
3 Good Things That Happened Today

GRATITUDE JOURNAL *Day 4*

1. _____
2. _____
3. _____

Today I am Grateful For:

An event in my life that caused me pain but eventually brought something good into my life...



Gratitude can transform common days into thanksgivings, turn routine jobs into joy, and change ordinary opportunities into blessings.

William Arthur Ward

3 Good Things That Happened Today

- 1. _____
- 2. _____
- 3. _____



GRATITUDE JOURNAL *Day 5*

*Three people who made me the person I am and
how they affected me...*

Today I am Grateful For:

a

b

c

“The steadfast love of the Lord never ceases;
his mercies never come to an end;
they are new every morning;
great is your faithfulness.
‘The Lord is my portion,’ says my soul,
‘therefore I will hope in him.’”
Lamentations 3:22-24

3 Good Things That Happened Today

1. _____
2. _____
3. _____



GRATITUDE JOURNAL *Day 6*

Today I am Grateful For:

*Valuable Lessons I Learned After Going Through
Something Tough and Coming Out on the Other
Side...*

“Piglet noticed that even though he had a Very Small Heart, it could hold a rather large amount of Gratitude.”

A.A. Milne, Winnie-the-Pooh

3 Good Things That Happened Today

1. _____
2. _____
3. _____



Today I am Grateful For:

Use this acrostic to think of something you're grateful for that begins with each letter...

- G _____
- R _____
- A _____
- T _____
- E _____
- F _____
- U _____
- L _____

A large, vertical, rounded rectangle with a dashed black border, intended for writing a response to the "Today I am Grateful For:" prompt.

“Let gratitude be the pillow upon which you kneel to say your nightly prayer. And let faith be the bridge you build to overcome evil and welcome good.”
Maya Angelou