

Grateful Journal

Date / Time

So far today, have you brought kind awareness to your:

Thoughts? Heart? Body? None of the Above

Grateful Journal Day 1

Something outside I am thankful for...

Grateful Journal Day 2

Something inside I am thankful for...

Grateful Journal Day 3

An event I am thankful for...

Grateful Journal Day 4

A skill I am thankful for...

Grateful Journal Day 5

Something fun I am thankful for...

Grateful Journal Day 6

Something beautiful I am thankful for...

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