

Being Thankful – Gratitude Journal Template

Daily & Weekly Prompts to Build a Positive Mindset

DISCLAIMER:

This Gratitude Journal Template is provided for general personal development and well-being purposes only. It is not intended to replace professional mental health, medical, or psychological advice, diagnosis, or treatment. Individuals experiencing emotional distress, mental health challenges, or psychological difficulties should seek support from a qualified healthcare professional. Bilnor Staffing Solutions is not responsible for any decisions, outcomes, or actions taken based on the use of this template. Use of this journal is voluntary, and all reflections and entries are for your personal use only.

How to Use This Gratitude Journal

*This Gratitude Journal is designed to help you build a daily or weekly habit of focusing on the positive moments in your life. Start by choosing whether you want to reflect **every day** or **once a week**—consistency is more important than frequency. Use the prompts provided to guide your thoughts, but feel free to write freely if something meaningful comes to mind.*

Each entry has space to record:

- **What you are thankful for**
- **Positive moments or achievements**
- **People who made your day better**
- **Lessons learned**
- **Goals or intentions for tomorrow/next week**

There's no right or wrong way to complete your journal. Simply be honest, take your time, and allow yourself to appreciate even the small things. Over time, these reflections will help build a more positive mindset, reduce stress, and increase your overall well-being. You can fill in or print out as many copies of the daily, weekly and monthly template pages as you need.



Daily Gratitude

Date: _____

1. Three things I am grateful for today:

2. Someone who made my day better:

3. One thing I appreciated about myself:

4. A positive moment I want to remember:

5. How I will show gratitude today:



Weekly Reflection

Week of: _____

1. The best thing that happened this week:

2. A challenge I faced and what it taught me:

3. Someone I appreciate (and why):

4. Things I'm proud of accomplishing this week:

5. One small act of kindness I gave or received:

6. How this week's gratitude made me feel:



Monthly Gratitude Check-In

Month of: _____

1. What improved in my life because of practicing gratitude?

2. What habits do I want to build next month?

3. People I want to thank or reconnect with:
