

Gratitude & Reflection Journal

A weekly practice for noticing what is good

“Gratitude doesn’t deny pain. It notices that goodness also exists.”

Research consistently shows that a regular gratitude practice improves mood, sleep, and resilience. This weekly journal invites you to slow down and notice — not to pretend everything is fine, but to acknowledge the small graces alongside the hard things.

Monday

3 things I’m grateful for today:

- 1.
- 2.
- 3.

One moment I want to remember:

Tuesday

3 things I’m grateful for today:

- 1.
- 2.
- 3.

One moment I want to remember:

Wednesday

3 things I’m grateful for today:

- 1.
- 2.
- 3.

One moment I want to remember:

Thursday

3 things I’m grateful for today:

- 1.
- 2.
- 3.

One moment I want to remember:

Friday

3 things I'm grateful for today:

- 1.
- 2.
- 3.

One moment I want to remember:

Weekend

3 things I'm grateful for today:

- 1.
- 2.
- 3.

One moment I want to remember:

WEEKLY REFLECTION

This week I noticed...

Something I want to carry into next week:
