

DAILY Gratitude

Month of: _____

Weekly affirmations:

W1

W2

W3

W4

Day 1

Day 2

Day 3

Day 4

Day 5

Day 6

Day 7

Day 8

Day 9

Day 10

Day 11

Day 12



Day 13

Day 14

Day 15

Day 16

Day 17

Day 18

Day 19

Day 20

Day 21

Day 22

Day 23

Day 24

Day 25

Day 26

Day 27

Day 28

Day 29

Day 30

Day 31

Gratitude PROMPTS

*Practice
gratitude
every day.*



- Your favorite part of the day
- Your favorite memory
- A holiday you are most excited for
- A person you are thankful for
- Your favorite movie
- 3 things you are looking forward to
- The best thing that happened today
- A new skill you have learned
- Your favorite place to go
- Something that makes you smile
- Your favorite smell
- The best gift you have ever received
- A challenge you have overcome
- Your greatest accomplishment
- Your favorite hobby
- Something you are proud of
- Things that bring you joy
- Your favorite song
- 5 things you like about yourself
- A goal you achieved
- Your favorite season
- Something you learned today
- Something that makes you happy
- Your favorite food
- 3 things you are thankful for today
- The best compliment you received
- Your favorite self care activity
- Someone you can count on
- One of your strengths
- Your favorite dessert
- Your favorite family activity