



Gratitude Journal

"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



**I am
grateful for...**

I'm grateful for:

Date:

1.

2.

3.

4.

5.

Thoughts:



I'm grateful for:

Date:

1.

2.

3.

4.

5.

Thoughts: