

Daily Gratitude

Date:

Daily Gratitude

List five things you're grateful for today.

1

2

3

4

5

Comfort Gratitude

What was one item, food or activity that brought you comfort today?

Self Gratitude

What is something you like about yourself today?

Connection Gratitude

List three people who made your day a little better today.

These can be family, friends, strangers or animals.

1

2

3

Future Gratitude

What is something you're looking forward to?