

31 DAYS OF
GRATITUDE

Journal

CREATED BY
Marilyn Rose



GRATITUDE Journal

Welcome to *31 Days of Gratitude*! The act of giving thanks can transform your perceptions and the way you experience obstacles, conflict, and the world around you.

The many scientifically proven benefits of gratitude:

- Improves your physical health
- Enhances your mental health and clarity
- Reduces your risk of depression
- Improves your self-esteem and confidence
- Boosts your quality of sleep
- Increases your sense of empathy
- Strengthens your relationships at home and at work
- Supports peace, contentment, and overall sense of well-being and happiness

And much more...

Print this journal or download it for easy fillable use each day, and it can be used repeatedly. Each morning, afternoon, and evening, write 3 things you're grateful for. Use additional questions each day to take a deeper dive into yourself, enhancing growth and lasting change.

Notice the power when you begin to look for things you are grateful for and those things that are working well instead of focusing on what is wrong or the problem.

Look forward to hearing the changes you experience in your life!

Lots of Love,

Marilyn ox

Day 1

Date:

Morning

I am grateful for:

1.

2.

3.

Afternoon

I am grateful for:

1.

2.

3.

Evening

I am grateful for:

1.

2.

3.

What difficult experience in your past helped shape who you are today?

What values are most important to you?



"Gratitude makes sense of our past, brings peace for today, and creates a vision for tomorrow."

~Melody Beattie

Day 2

Date:

Morning

I am grateful for:

1.

2.

3.

Afternoon

I am grateful for:

1.

2.

3.

Evening

I am grateful for:

1.

2.

3.

In what ways did you express gratitude towards others today?

What 3 qualities make you unique?



"My day begins and ends with gratitude."

~Louise Hay

Day 3

Date:

Morning

I am grateful for:

1.

2.

3.

Afternoon

I am grateful for:

1.

2.

3.

Evening

I am grateful for:

1.

2.

3.

What motivates and drives you?

How did you express love today?

"Gratitude is a powerful catalyst for happiness. It's the spark that lights a fire of joy in your soul."

~Henry Ward Beecher

Day 4

Date:

Morning

I am grateful for:

1.

2.

3.

Afternoon

I am grateful for:

1.

2.

3.

Evening

I am grateful for:

1.

2.

3.

Who has inspired you most in your life? What about them inspired you?

What takes your breath away?



"Learn to be thankful for what you already have, while you pursue all that you want."

~Jim Rohn

Day 5

Date:

Morning

I am grateful for:

1.

2.

3.

Afternoon

I am grateful for:

1.

2.

3.

Evening

I am grateful for:

1.

2.

3.

What life lesson has impacted you most?

What do you love about yourself?



"True forgiveness is when you can say, "Thank you for that experience."

~Oprah Winfrey

Day 6

Date:

Morning

I am grateful for:

1.

2.

3.

Afternoon

I am grateful for:

1.

2.

3.

Evening

I am grateful for:

1.

2.

3.

What are you enjoying most in your week so far?

How does it make you feel?



"In all things, give thanks."

~1st Thessalonians 5:18

Day 7

Date:

Morning

I am grateful for:

1.

2.

3.

Afternoon

I am grateful for:

1.

2.

3.

Evening

I am grateful for:

1.

2.

3.

What am I learning about myself?

What area of life does my truest self shine?

"Wear gratitude like a cloak and it will free every corner of your life."

~Rumi

Day 8

Date:

Morning

I am grateful for:

1.

2.

3.

Afternoon

I am grateful for:

1.

2.

3.

Evening

I am grateful for:

1.

2.

3.

Where am I spending most of my energy?

What can I choose to let go of?



*"Gratitude is the fairest blossom which springs from the soul."
~Henry Ward Beecher*

Day 9

Date:

Morning

I am grateful for:

1.

2.

3.

Afternoon

I am grateful for:

1.

2.

3.

Evening

I am grateful for:

1.

2.

3.

What advice would I give my younger self?

How might I follow that advice today?

" Trade bitterness with gratefulness. You will find joy of life." ~Lailah Gifty Akita

Day 10

Date:

Morning

I am grateful for:

1.

2.

3.

Afternoon

I am grateful for:

1.

2.

3.

Evening

I am grateful for:

1.

2.

3.

I expressed my appreciation for others this week by:

I choose to honor myself each day by:



"Be grateful for small things, big things, and everything in between."

Day //

Date:

Morning

I am grateful for:

1.

2.

3.

Afternoon

I am grateful for:

1.

2.

3.

Evening

I am grateful for:

1.

2.

3.

What challenges did you experience this week? How did you respond?

What worked well this week?

"Gratitude can transform common days into thanksgiving, turn routine jobs into joy, and change ordinary opportunities into blessings."

~William Arthur Ward

Day 12

Date:

Morning

I am grateful for:

1.

2.

3.

Afternoon

I am grateful for:

1.

2.

3.

Evening

I am grateful for:

1.

2.

3.

What do you most want to achieve this year?

What actions will support you in reaching your goals?



"Those who have the ability to be grateful are the ones who have the ability to achieve greatness."

~Steve Maraboli

Day 13

Date:

Morning

I am grateful for:

1.

2.

3.

Afternoon

I am grateful for:

1.

2.

3.

Evening

I am grateful for:

1.

2.

3.

What do you love most about your friends?

What about you makes you a good friend?

"A grateful heart is a magnet for miracles.:"

Day 15

Date:

Morning

I am grateful for:

1.

2.

3.

Afternoon

I am grateful for:

1.

2.

3.

Evening

I am grateful for:

1.

2.

3.

What is your favorite quote or saying?

What does it represent for you?



"Gratitude is the inward feeling of kindness received. Thankfulness is the natural impulse to express that feeling. Thanksgiving is the following of that impulse."

~Henry Van Dyke

Day 16

Date:

Morning

I am grateful for:

1.

2.

3.

Afternoon

I am grateful for:

1.

2.

3.

Evening

I am grateful for:

1.

2.

3.

What brings you peace?

When was the last moment you experienced that sense of peace and calm?



"There is a calmness to a life lived in gratitude, a quiet joy."

~Ralph H. Blum

Day 17

Date:

Morning

I am grateful for:

1.

2.

3.

Afternoon

I am grateful for:

1.

2.

3.

Evening

I am grateful for:

1.

2.

3.

What is something you always wanted to do but fear held you back?

What help or support can you ask or pray for today?



"Let gratitude be the pillow upon which you kneel to say your nightly prayer."

~Maya Angelou

Day 18

Date:

Morning

I am grateful for:

1.

2.

3.

Afternoon

I am grateful for:

1.

2.

3.

Evening

I am grateful for:

1.

2.

3.

What are you most excited about in the upcoming future?

What about that is exciting?



"Thankfulness is the quickest path to joy."

~Jefferson Bethke

Day 19

Date:

Morning

I am grateful for:

1.

2.

3.

Afternoon

I am grateful for:

1.

2.

3.

Evening

I am grateful for:

1.

2.

3.

What struggles are you experiencing in life?

How can you find purpose or possibilities in those struggles?

"Be thankful for the struggles you go through. They make you stronger, wiser and humble. Don't let them break you. Let them make you."

Day 20

Date:

Morning

I am grateful for:

1.

2.

3.

Afternoon

I am grateful for:

1.

2.

3.

Evening

I am grateful for:

1.

2.

3.

How does my family bless me?

What are you hopeful for?



"Gratitude is riches. Complaint is poverty."

~Doris Day

Day 21

Date:

Morning

I am grateful for:

1.

2.

3.

Afternoon

I am grateful for:

1.

2.

3.

Evening

I am grateful for:

1.

2.

3.

What made you laugh or smile today?

How can you incorporate more fun into your life?



*"Love and gratitude can part seas, move mountains,
and create miracles."*

~Rhonda Bryne

Day 22

Date:

Morning

I am grateful for:

1.

2.

3.

Afternoon

I am grateful for:

1.

2.

3.

Evening

I am grateful for:

1.

2.

3.

What emotions did you experience today?

What did you love about today?



"Showing gratitude is one of the simplest, yet most powerful things humans can do for each other."

Day 23

Date:

Morning

I am grateful for:

1.

2.

3.

Afternoon

I am grateful for:

1.

2.

3.

Evening

I am grateful for:

1.

2.

3.

What emotions did you experience today?

In what ways can you acknowledge and validate your feelings?



"Gratitude is the healthiest of all human emotions. The more you express gratitude for what you have, the more likely you will have even more to express gratitude for."

~Zig Ziglar

Day 24

Date:

Morning

I am grateful for:

1.

2.

3.

Afternoon

I am grateful for:

1.

2.

3.

Evening

I am grateful for:

1.

2.

3.

What was the best thing that happened to you today?

How did you feel?



"There's always, always, always something to be grateful for."

Day 25

Date:

Morning

I am grateful for:

1.

2.

3.

Afternoon

I am grateful for:

1.

2.

3.

Evening

I am grateful for:

1.

2.

3.

On a scale of 1 – 10, how satisfied are you with your life today? (10=Completely satisfied, 1=Not at all)

What is one step you can take this week to raise your rating up 1 notch or 2?



"When you begin each day with a grateful heart, light illuminates from within."

Day 26

Date:

Morning

I am grateful for:

1.

2.

3.

Afternoon

I am grateful for:

1.

2.

3.

Evening

I am grateful for:

1.

2.

3.

How do you express love your family?

How can you surprise someone you love today?



"Authentic success is being so grateful for the many blessings bestowed on you and yours that you can share your portion with others."

~Sarah Ban

Day 27

Date:

Morning

I am grateful for:

1.

2.

3.

Afternoon

I am grateful for:

1.

2.

3.

Evening

I am grateful for:

1.

2.

3.

How aligned is what your doing to who you really are?

What is one thing you can do change that?

"As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them."

~John Fitzgerald Kennedy

Day 28

Date:

Morning

I am grateful for:

1.

2.

3.

Afternoon

I am grateful for:

1.

2.

3.

Evening

I am grateful for:

1.

2.

3.

What hobbies or activities would you like to engage in more often?

When will you start?



"Gratitude is the moral memory of mankind."

~Georg Simmel

Day 29

Date:

Morning

I am grateful for:

1.

2.

3.

Afternoon

I am grateful for:

1.

2.

3.

Evening

I am grateful for:

1.

2.

3.

What people, places and habits fill you with energy?

When do you feel most appreciated?



"Don't forget a person's greatest emotional need is to feel appreciated."

~H. Jackson Brown

Day 30

Date:

Morning

I am grateful for:

1.

2.

3.

Afternoon

I am grateful for:

1.

2.

3.

Evening

I am grateful for:

1.

2.

3.

Almost 31 Days of Gratitude. Look into a mirror and celebrate 5 unique attributes about yourself. What do you notice?

How will you share yourself with the world each day?



"Trade your expectation for appreciation and the world changes for you."

~Tony Robbins

Day 31

Date:

Morning

I am grateful for:

1.

2.

3.

Afternoon

I am grateful for:

1.

2.

3.

Evening

I am grateful for:

1.

2.

3.

What's working in your life today?

What specifically about you, is supporting what's working?



"It's not the circumstances that create joy, it's you."

*Congratulations on
completing 31 Days
of Gratitude!*

How has expressing gratitude throughout your day this month impacted your life at home? At work? In your relationships?



What have you learned about yourself?



What are your intentions moving forward?





Congratulations for completing 31 Day of Gratitude!
Would love to hear your experiences after your 31 days:

- *What's different?*
- *How do you feel?*
- *How will you continue practicing "gratitude"?*

If you still feel disconnected in any way or just want to manifest more success and happiness into your life, schedule a free Clarity Session to learn how.

Contact me anytime at 201.665.1649
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