

DAILY GRATITUDE DIARY



How was my day?

The score for my day as I start this journal is:

(This is your initial gut-feel score from +5 to -5 that represents how your day went)

My Progresses & Successes Today

3 things I've had successes or made progress with. These can be big or small successes.

1. _____
2. _____
3. _____

Pat Myself on the Back

What did I do today that required courage, what positive choice did I make consistent with who I want to become? Write it here:

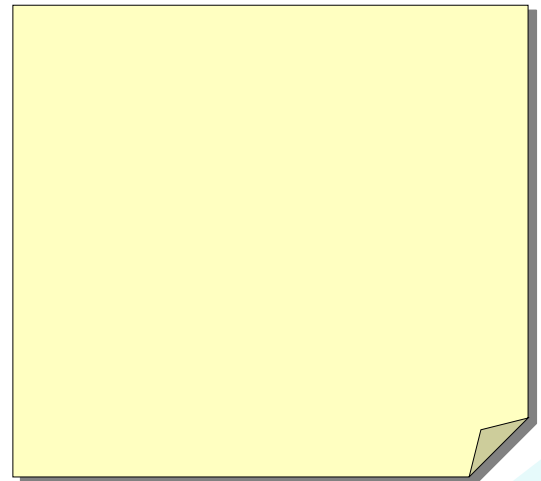
What I have Learned - What did I learn about myself today, what inspired me?

Intentions - What actions, thoughts or steps did I take today that move me towards my goals or intentions?

What, if anything, triggered me today?

Where do I want to be kinder to myself? Where could I have been kinder to myself – and therefore happier & more productive?

Looking after You! What did I do today just for me?



a. How was my day? The score for my day as I complete this journal is _____

b. What is the difference in your scores from start to finish (if any)? _____

This is your gut-feel score from +5 to -5 that represents how your day went now you have reviewed your day with a more positive mindset.

What else do I want to make note of here? Anything else you may want to record, things you notice as you have reflected, things you may want to do differently tomorrow etc.
