

2024 EDITION

Gratitude  
*Journal*

PRESENTED BY CAREERSHODH



# Gratitude Journal

DATE / /

## How I am Feeling Today

• \_\_\_\_\_  
• \_\_\_\_\_  
• \_\_\_\_\_

## Mood Drawing

## Things I am Grateful Today

• \_\_\_\_\_  
• \_\_\_\_\_  
• \_\_\_\_\_  
• \_\_\_\_\_  
• \_\_\_\_\_

## Habit Tracker

Yes No

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## Daily Affirmations

• \_\_\_\_\_  
• \_\_\_\_\_  
• \_\_\_\_\_  
• \_\_\_\_\_  
• \_\_\_\_\_

## Things that Make Me Smile

• \_\_\_\_\_  
• \_\_\_\_\_  
• \_\_\_\_\_  
• \_\_\_\_\_  
• \_\_\_\_\_

## Notes

\_\_\_\_\_



Random act of kindness

Self affirmation

Today, I felt grateful when...

Something new I learned today..

Something I'm looking forward to tomorrow is...



DATE / /

Track your daily moments of gratitude to boost positivity and mindfulness! Each day, reflect on 3 things you're thankful for—whether big or small. Note how they made you feel and why they matter to you. Watch your sense of appreciation grow as you celebrate life's simple joys!

Month \_\_\_\_\_  
:

Week: \_\_\_\_\_

HABITS	SUN	MON	TUE	WED	THU	FRI	SAT
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**Embark on a 30-Day Challenge to transform your mindset! Each day, commit to one small but impactful task—whether it’s practicing gratitude, setting a new goal, or stepping out of your comfort zone. Track your progress, reflect on your growth, and by the end of 30 days, feel empowered by the positive habits you’ve built!**

GOAL: \_\_\_\_\_

START DATE: \_\_\_\_\_

1	2	3	4	5	6
7	8	9	10	11	12
13	14	15	16	17	18
19	20	21	22	23	24
25	26	27	28	29	30

**REWARD**

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DATE        /    /

**Create a gratitude collage or drawing by visually representing three things you're thankful for. Incorporate symbols, colors, or images that remind you of these aspects of your life, whether it's a person, place, or experience. Let the artwork reflect the joy and appreciation you feel.**





Thanks for journaling with us! Remember, your journey doesn't stop here—keep writing, reflecting, and growing.

Want more tips, prompts, and inspiration? Follow us on social media and stay connected with our community!

**Follow us on Instagram: @careershodh**

**Visit our website for more resources:  
[www.careershodh.com](http://www.careershodh.com) or [PsychUniverse.com](http://PsychUniverse.com)**

We'd love to hear from you—tag us in your journaling journey and let's keep the conversation going!

