



Everyday Prayer Journal

***GRATITUDE
JOURNAL***



START EACH DAY WITH A GRATEFUL HEART



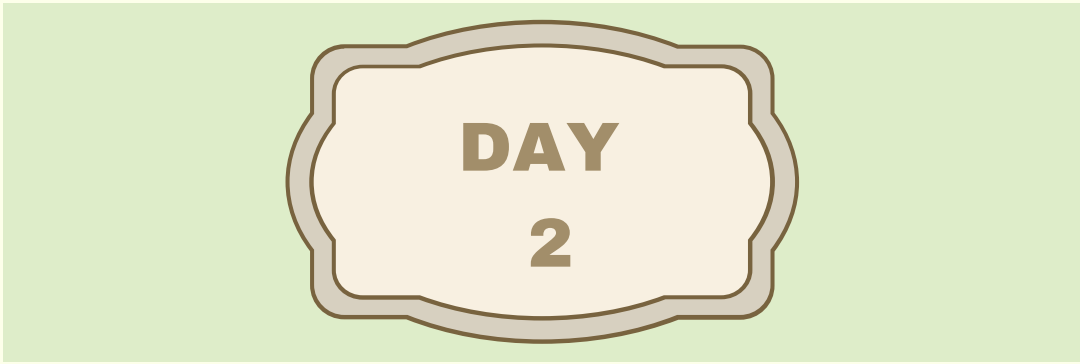
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MORE GRATITUDE AT NIGHT:

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TAKE ONE MINUTE IN THE MORNING TO GET A GOOD START TO YOUR DAY BY FINDING SMALL OR BIG THINGS YOU ARE GRATEFUL FOR IN YOUR LIFE. (PROMPT)





START EACH DAY WITH A GRATEFUL HEART

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MORE GRATITUDE AT NIGHT:

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WHO AM I GRATEFUL TO FOR TEACHING ME SOMETHING LATELY? (PROMPT)





START EACH DAY WITH A GRATEFUL HEART

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MORE GRATITUDE AT NIGHT:

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THINK OF PEOPLE WHO MADE ME SMILE RECENTLY
(INCLUDING FRIENDS, FAMILY OR EVEN STRANGERS) (PROMPT)



START EACH DAY WITH A GRATEFUL HEART

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MORE GRATITUDE AT NIGHT:

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THE BEST PART OF THIS WEEK WAS...



START EACH DAY WITH A GRATEFUL HEART



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MORE GRATITUDE AT NIGHT:

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I'M GRATEFUL FOR MY FRIENDS BECAUSE.... (PROMPT)





.....

...



START EACH DAY WITH A GRATEFUL HEART



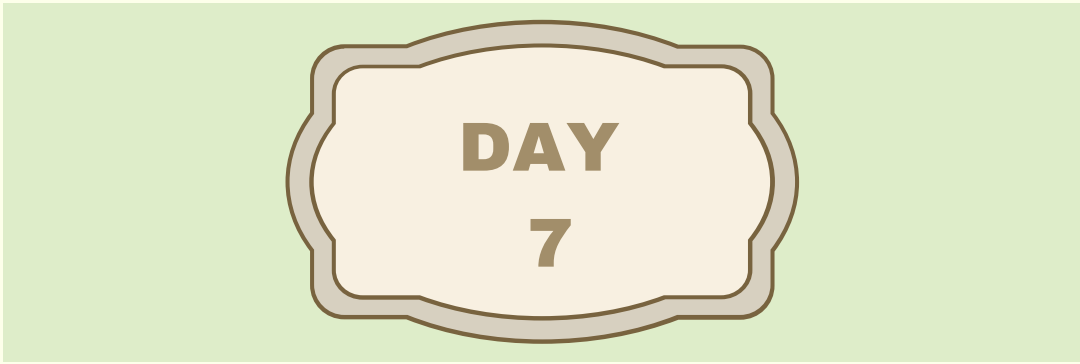
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MORE GRATITUDE AT NIGHT:

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I'M GRATEFUL FOR MY VISION BECAUSE I SAW... (PROMPT)





START EACH DAY WITH A GRATEFUL HEART

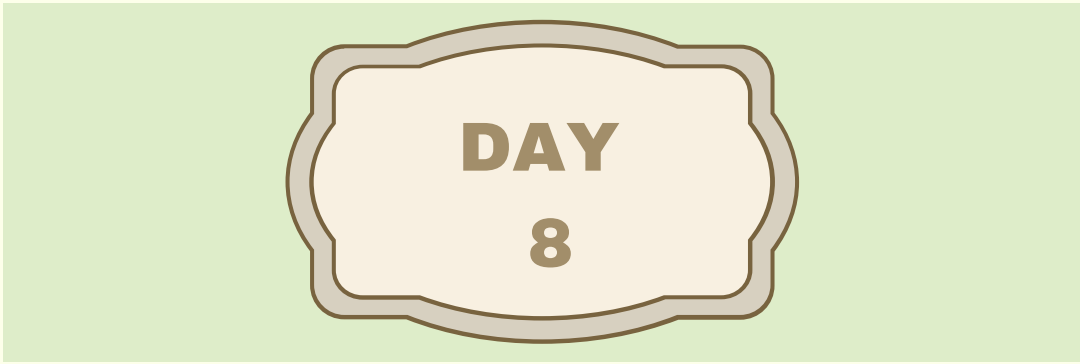
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MORE GRATITUDE AT NIGHT:

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“EVERY CLOUD HAS A SILVER LINING.” NAME SOME OF YOUR SILVER LININGS (PROMPT)





START EACH DAY WITH A GRATEFUL HEART

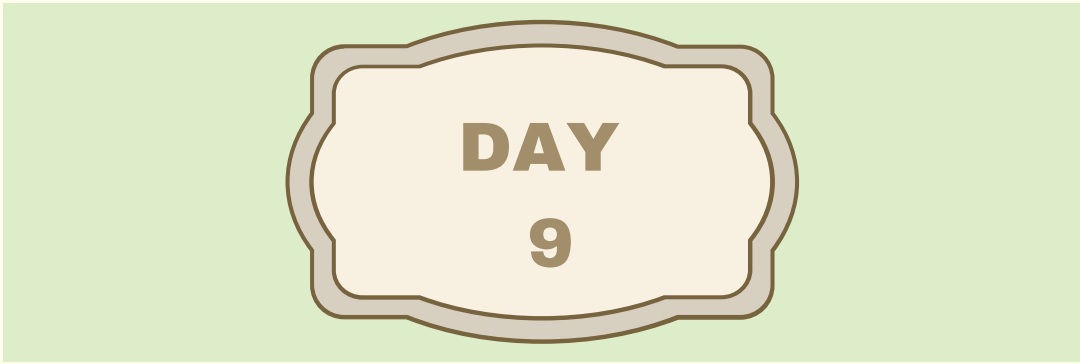
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MORE GRATITUDE AT NIGHT:

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WHAT I LOVE ABOUT MY HOME (PROMPT)





START EACH DAY WITH A GRATEFUL HEART



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MORE GRATITUDE AT NIGHT:

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A FREEDOM I'M GRATEFUL FOR.... (PROMPT)





START EACH DAY WITH A GRATEFUL HEART



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MORE GRATITUDE AT NIGHT:

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I'M GRATEFUL FOR THESE ELEMENTS OF NATURE (PROMPT)





START EACH DAY WITH A GRATEFUL HEART



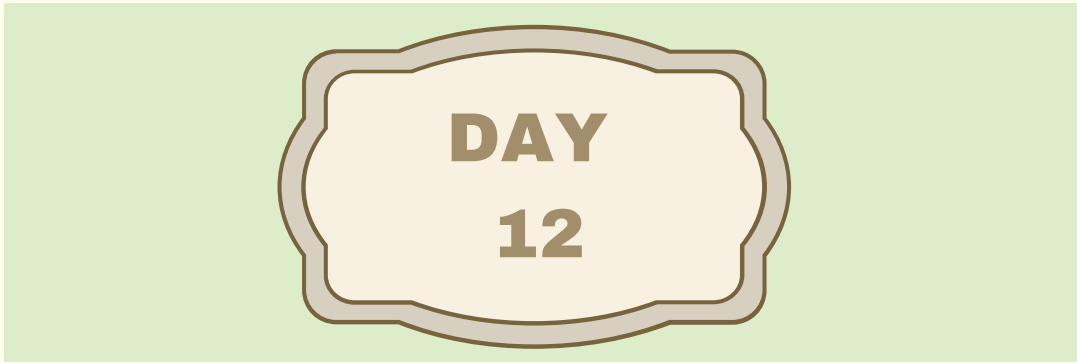
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MORE GRATITUDE AT NIGHT:

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I AM GRATEFUL FOR THESE THINGS IN MY SURROUNDINGS
(NEIGHBORHOOD/CITY/COUNTRY.) (PROMPT)





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MORE GRATITUDE AT NIGHT:

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SOME THINGS I USUALLY FOR GRANTED THAT I CAN BE GRATEFUL FOR NOW (PROMPT)





START EACH DAY WITH A GRATEFUL HEART



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MORE GRATITUDE AT NIGHT:

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THINGS OTHERS IN MY LIFE HAVE DONE THAT I AM THANKFUL FOR (PROMPT)





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MORE GRATITUDE AT NIGHT:

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THE CONVENIENCE I'M MOST GRATEFUL FOR IS... (PROMPT)





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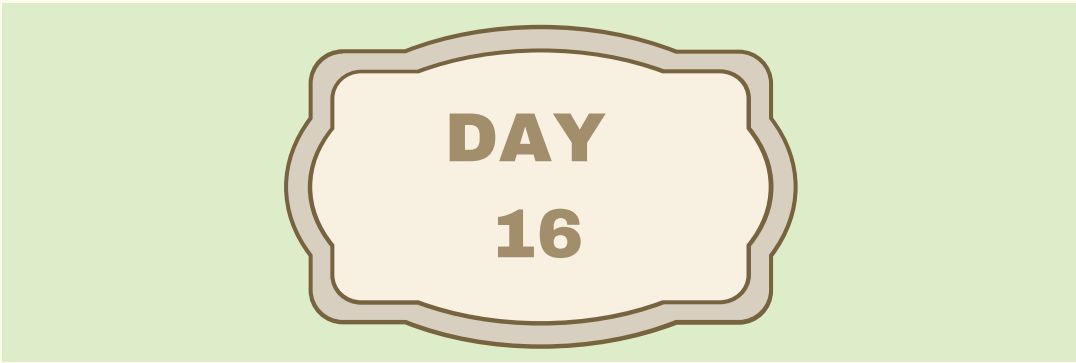
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MORE GRATITUDE AT NIGHT:

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A SURPRISE THAT I'M GRATEFUL FOR IS... (PROMPT)





START EACH DAY WITH A GRATEFUL HEART



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MORE GRATITUDE AT NIGHT:

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TRADITIONS I AM GRATEFUL FOR (PROMPT)





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MORE GRATITUDE AT NIGHT:

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I'M GRATEFUL FOR MY CHILDHOOD BECAUSE (PROMPT)





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MORE GRATITUDE AT NIGHT:

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GIFTS THAT I'M MOST GRATEFUL FOR ARE... (PROMPT)





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MORE GRATITUDE AT NIGHT:

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THINGS I LOVE ABOUT MY FAMILY (PROMPT)





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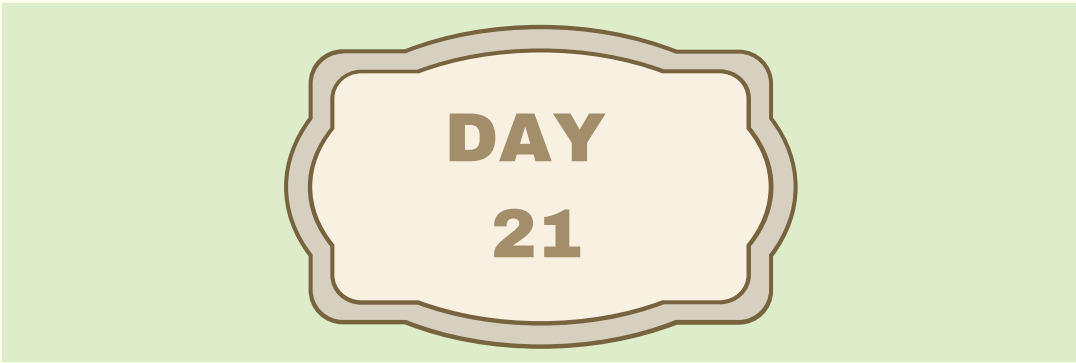
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MORE GRATITUDE AT NIGHT:

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VACATION SPOTS THAT I'M GRATEFUL FOR IS... (PROMPT)





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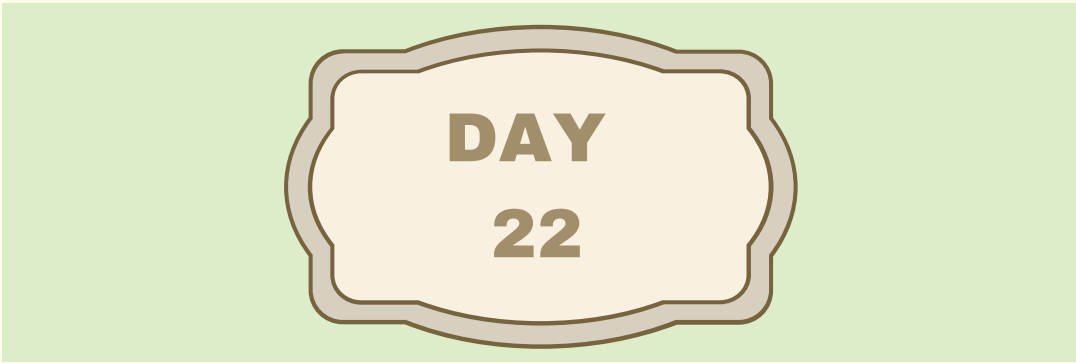
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MORE GRATITUDE AT NIGHT:

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MISTAKES YOU'VE MADE THAT YOU'RE GRATEFUL FOR? (PROMPT)





START EACH DAY WITH A GRATEFUL HEART



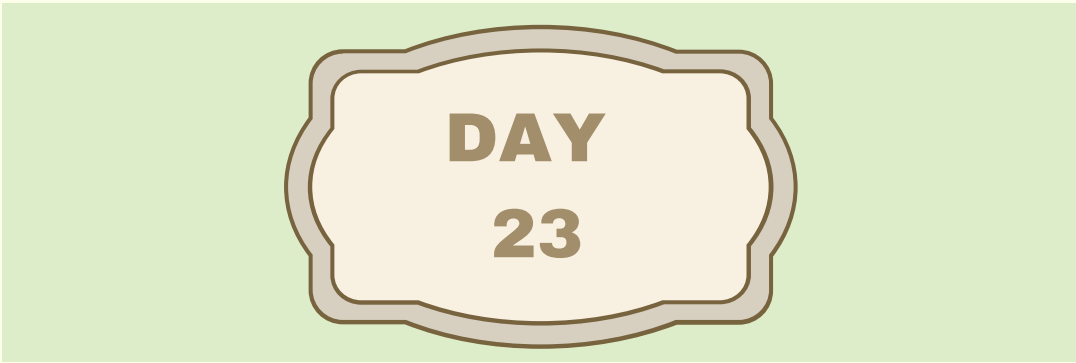
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MORE GRATITUDE AT NIGHT:

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VALUES I HOLD MOST DEAR TO MY HEART AND I'M GRATEFUL I HAVE (PROMPT)





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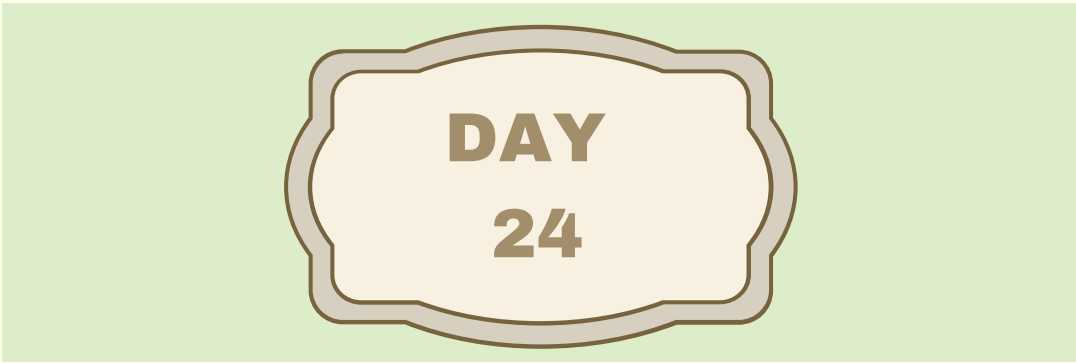
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MORE GRATITUDE AT NIGHT:

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THE THINGS (PERSON, SITUATION, OR EVENT) THAT MADE ME STRONGER ARE... (PROMPT)





START EACH DAY WITH A GRATEFUL HEART



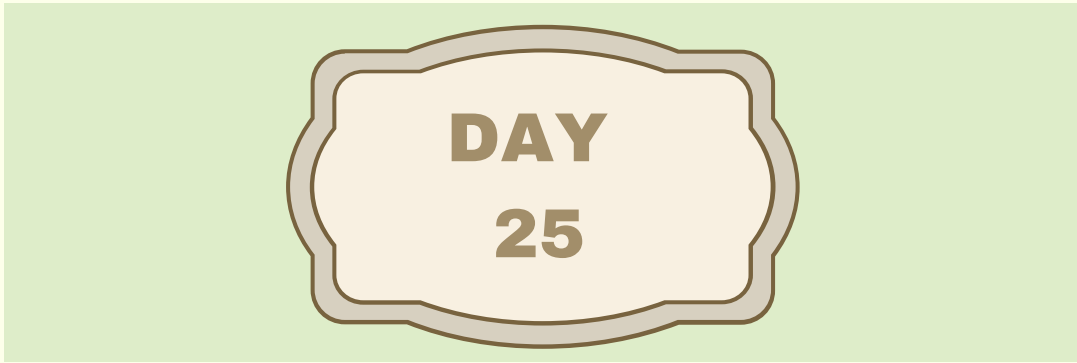
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MORE GRATITUDE AT NIGHT:

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EXPERIENCES I AM GRATEFUL FOR HAVING (PROMPT)





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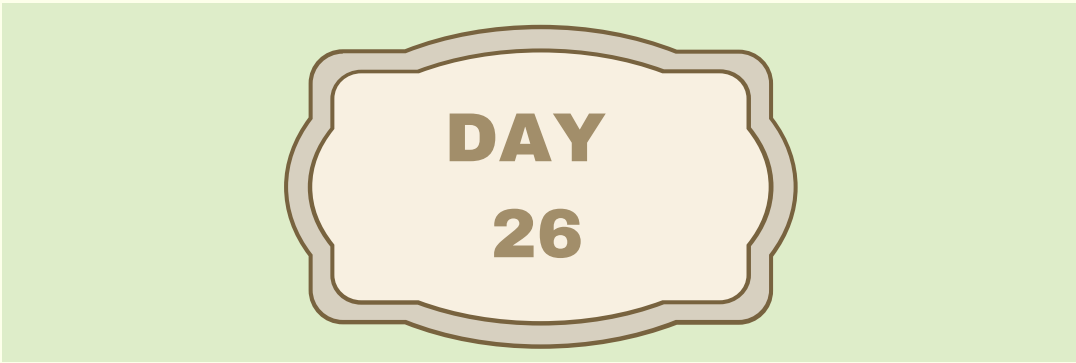
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MORE GRATITUDE AT NIGHT:

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THINGS I CAN BE GRATEFUL FOR ABOUT MYSELF (PROMPT)





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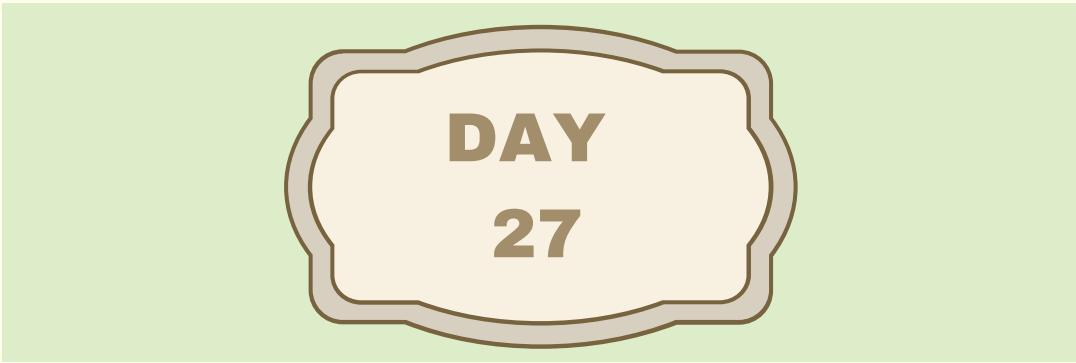
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MORE GRATITUDE AT NIGHT:

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SONGS YOU ARE MOST GRATEFUL FOR AND WHY? (PROMPT)





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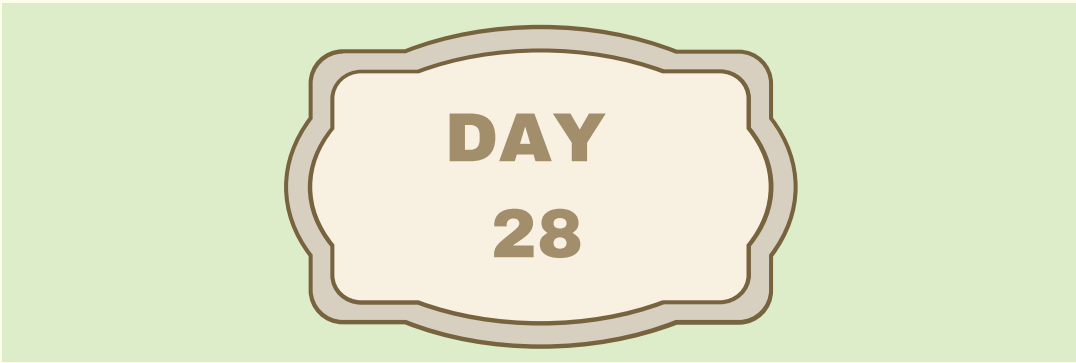
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MORE GRATITUDE AT NIGHT:

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DAILY CHORES/TASKS YOU ARE GRATEFUL FOR? (PROMPT)





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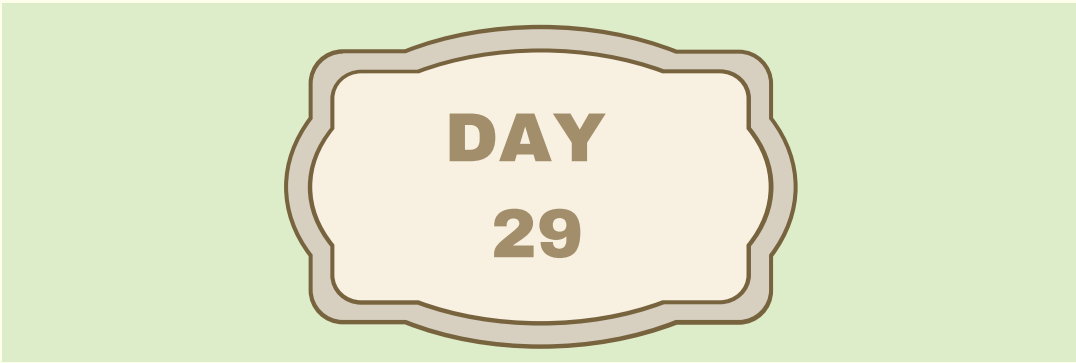
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MORE GRATITUDE AT NIGHT:

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I'M GRATEFUL FOR OVERCOMING THESE CHALLENGES (PROMPT)





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PHOTOGRAPHS THAT I'M MOST GRATEFUL FOR ARE... (PROMPT)





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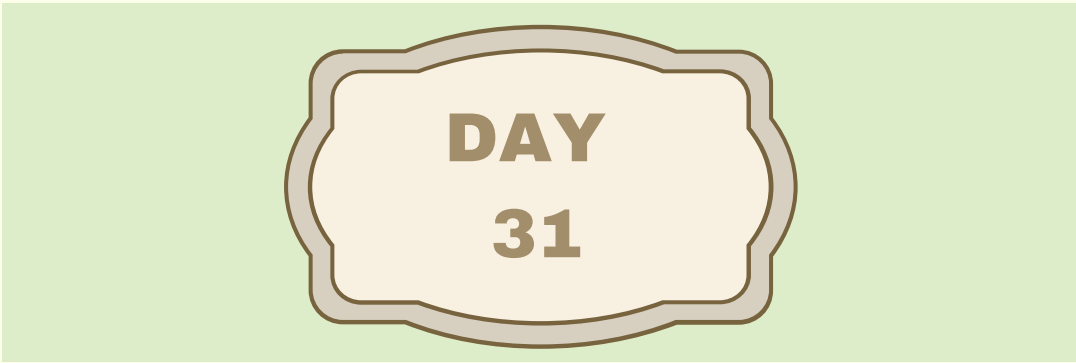
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MORE GRATITUDE AT NIGHT:

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I'M LOOKING FORWARD TO THE FUTURE BECAUSE... (PROMPT)





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MORE GRATITUDE AT NIGHT:

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WHAT TALENTS DO YOU HAVE THAT YOU ARE GRATEFUL FOR? (PROMPT)





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SOMETHING FROM THE PAST THAT I'M GRATEFUL FOR IS... (PROMPT)

MORE GRATITUDE

My favorite foods



What I love about my face



I am healthy because....



A person I'm grateful for



What I love about my job



I'm grateful for my car (or other transportation) because...



I appreciate my dentist, doctor, teacher, or other service provider

because...



My favorite holidays are



I'm grateful for the smell of....



I'm grateful for computer technology because



What I love about my body



The knowledge I'm most grateful for is....



Why my favorite color is



My favorite type of food is...



I'm grateful for breakfast because....



I appreciate the sound of...



The memory I'm most grateful for is...



In my home, my favorite place is....



Outside my home,my favorite place is...



The book that I'm most grateful for is...



When you find yourself in a bad situation ask:

What can I learn? When I look back on this, without emotion, what will I be grateful for?



The texture I'm most grateful for is...



...10 things that always make me smile



I love that I'm able to....



I'm grateful for this season because...



My mind is a powerful thing. One element of it I'm grateful for is ...



Ways I share my gratitude



I'm grateful for these skills and abilities...



What bit of advice are you most grateful for?



What daily routine are you most grateful for?



What scent are you grateful for today?



Who in your childhood are you grateful for?



What challenge or obstacle are you most grateful for?



What small thing that you use daily are you grateful for?



What small thing that happened today are you grateful for?



What lifestyle habit are you most grateful for today?



What moment this week are you most grateful for?



What form of expression are you most grateful for?



What friend/family member are you grateful for?



What am I able to offer others that I am grateful for?



What I see right now that I can be grateful for



Who am I grateful to for teaching me something lately?



What physical sensations am I grateful for right now?



What can I enjoy right now that I can be grateful for?



What is one thing I may usually for granted that I can be grateful for?



What animal or pet are you grateful for?



What is something about your parents that you are grateful for?

What is something about your spouse that you're grateful for?



A quote that I'm grateful for is....



Someone at my job that I appreciate today is...



Today I will live in the moment.



A joke or funny story that I'm grateful for is....



Three things I've learned so far from journaling

A kind action that I'm grateful for today is...



The moment I'm most grateful for today is...



More Quotes

Feeling gratitude and not expressing it is like wrapping a present and not giving it.

William Arthur Ward



When you are grateful, fear disappears and abundance appears.

Anthony Robbins



Appreciation can change a day, even change a life.

Your willingness to put it into words is all that is necessary.

Margaret Cousins



Cultivate the habit of being grateful for every good thing that comes to you, and to give thanks continuously. And because all things have contributed to your advancement, you

should include all things in your gratitude.

Ralph Waldo Emerson





More Quotes

Develop an attitude of gratitude, and give thanks for everything that happens to you, knowing that every step forward is a step toward achieving something bigger and better than your current situation.

Brian Tracy



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



Promise to not complain, criticize, or gossip today.

Become aware of how your energy changes when you focus on the positive.





More Quotes

...

Don't just keep your gratitude on the inside. Express it. Tell people what you're grateful for. Continue to keep a gratitude journal. Share your thoughts and stay positive.



Be thankful for what you have; you'll end up having more.
If you concentrate on what you don't have, you will never, ever have enough.

Oprah Winfrey

