# Gratitude Journal

*Purpose:* Use this journal to reflect on and record your daily moments of gratitude. Practicing gratitude regularly may enhance your overall well-being and mental health by fostering a positive outlook.

## Today's Reflection

**Date:** {date}

**Written by:** {name}

### 1. Things I'm Grateful For Today

{#gratitudeItems}

* {item}

{/gratitudeItems}

### 2. People I'm Thankful For

{#people}

* **{name}** - *{reason}*

{/people}

### 3. Positive Experiences Today

{#experiences}

* {title}: {description}

{/experiences}

### 4. Personal Achievement

**What did I do well today?**

{achievement}

### 5. Quote or Affirmation of the Day

### 6. Mood Tracker

|  |  |  |
| --- | --- | --- |
| **Time** | **Mood** | **Notes** |
| {#moods}{time} | {mood} | {notes}{/moods} |

### 7. Final Thoughts

{finalThoughts}

*Tip: Make journaling a daily habit to build a long-lasting sense of appreciation and balance in life.*