

# GRATITUDE JOURNAL



**MOORE**  
—MINDFUL SERVICES—  
COMMITTED TO YOU!

With how busy our lives are it is easy to lose track of the positive things that happen during the day. Use this journal each day to assist in developing a mindset of gratitude. If we can train our mind in this way we will soon start to notice a lot more things to be grateful for. Remember sometimes the thing to be grateful for can be as simple as having the energy to get out of bed. No win is too small to acknowledge! These reflective questions will assist in the development of a gratitude mindset.

5 THINGS I AM GRATEFUL FOR THIS  
MORNING (BIG OR SMALL)

SOMETHING I HAVE LEARNED FROM  
A CHALLENGING SITUATION IS..

PEOPLE I AM GRATEFUL FOR  
INCLUDE

THE BEST PART OF TODAY WAS..