

Daily Gratitude Diary Template

Reframe How You See Your Day

Prayer Power

Today is _____
DAY - MONTH - YEAR

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 you felt your day went.

My Progress & Successes Today

List 3 things you had success or made progress with. Lower your standards until you find 3 things!

1. _____
2. _____
3. _____

Pat Yourself on the Back

What did you do today that required courage? What positive choice did you make consistent with who you want to become? However small, write it here:

1. _____
2. _____
3. _____

What have you learned? What did you learn about yourself today? What inspired you?

Goals & Intentions: What steps did you take today that move you towards your goals or intentions?

What, if anything, triggered me today?

Where do I need to be kind to myself? Where, if you had been kinder to yourself, would you have been happier today?

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

Gratitude & Appreciation 3 things you're grateful for (or appreciated) today. **ESSENTIAL:** Lower your standards until you find 3 things to genuinely appreciate!

1. _____
2. _____
3. _____

The score I now give my day as I complete this journal is _____

What is the difference in my 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 do I notice? Make a note here of what you've learned and anything else you may want to record like what you noticed as you reflected, things you may want to do differently tomorrow etc.
