



Gratitude Journal Sheet

Date

Five things that on this day I feel grateful, lucky, thankful or blessed to have seen, witnessed or experienced. Write more about what you feel for the fifth item on this list.

1.
 2.
 3.
 4.
 5.
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Now write a few lines about something that you don't feel grateful for:

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Finally, turn this not-grateful-for on it's head. What silver lining or lesson is there in this not-so-good event or thing that has happened.

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