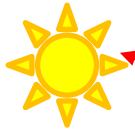




# Daily Gratitude Diary

Date:



## How was my day?

This is the score for my day as I start this journal

(This is your INITIAL gut-feel score from +5 to -5 that represents how your day went - at first glance)

## My Progresses & Successes Today

3 things you have had successes or made progress with. ESSENTIAL: Lower your standards until you find 3 things!

- 1 .....
- 2 .....
- 3 .....

## What you have Learned

What did you learn about yourself today, what inspired you?

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## What, if anything, triggered me today?

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.....

Where do I need to be kinder to myself? Where could you have been kinder to yourself - and therefore happier & more productive?

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

## 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:

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## Goals or Intentions

What actions, thoughts or steps did you take this week that move you towards your goals or intentions?

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## Gratitude & Appreciation

3 things you are grateful for (or appreciated) today. ESSENTIAL: Lower your standards until you find 3 things to genuinely appreciate.

- ❖ .....
- ❖ .....
- ❖ .....

## Anything else I'd like to make note of here?



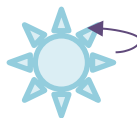
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**How was my day?**

This is the score for my day as I complete this journal

(This is your gut-feel score from +5 to -5 that represents how your day went now you have reviewed your with a more positive mindset!)

**What is the difference in your scores from start to finish (if any)?**

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