



# Good Things

a gratitude  
journal





*A tool to keep  
track of the  
good things in life.*



Published by Inspired Perspectives  
Printed in the USA using recycled materials



---

## A New Perspective



No matter how difficult and defeating life can sometimes feel, there is always something to feel grateful for.

Write it down. Noting daily what you are grateful for helps you lower stress, feel calmer and focus on what really matters to you.

On days you feel blue, read through your gratitude journal to adjust your perspective. As you continue to journal, you may notice that a lot more small good things are happening, or you could be noticing all the little good things that were already happening.



# Gratitude

changes everything



Today is: \_\_\_\_\_ The weather temperature is: \_\_\_\_\_

3 things/people that I am grateful for today are:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

A moment that I appreciated today was:

---

---

An unexpected good thing that happened today:

---

---

Someone whose company I enjoyed today:

---

---

A valuable lesson I learned:

---

---

Notes (fun experience, something I am proud of, an act of kindness I witnessed or received:

---

---

---

---

---

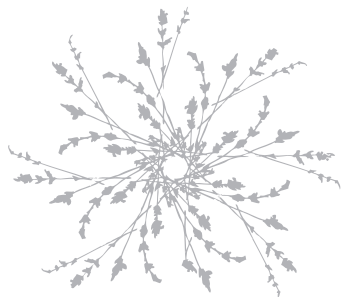
---

---

---

---

---



# i am thankful for...

Today is: \_\_\_\_\_ The weather temperature is: \_\_\_\_\_

3 things/people that I am grateful for today are:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

A moment that I appreciated today was:

---

---

An unexpected good thing that happened today:

---

---

Someone whose company I enjoyed today:

---

---

A valuable lesson I learned:

---

---

Notes (fun experience, something I am proud of, an act of kindness I witnessed or received:

---

---

---

---

---

---

---

---

---

---

# make happiness a habit



Today is: \_\_\_\_\_ The weather temperature is: \_\_\_\_\_

3 things/people that I am grateful for today are:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

A moment that I appreciated today was:

---

---

An unexpected good thing that happened today:

---

---

Someone whose company I enjoyed today:

---

---

A valuable lesson I learned:

---

---

Notes (fun experience, something I am proud of, an act of kindness I witnessed or received:

---

---

---

---

---

---

---

---

---

---