

A collection of small, stylized flowers in various colors (grey, orange, green, pink, yellow) scattered across the top half of the page.

5-Day Gratitude Journal

by Elize Fisher

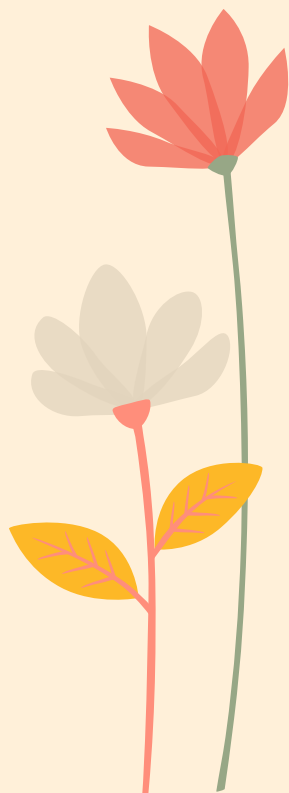
a journey to mindfulness and appreciation

A collection of larger, stylized flowers with long stems and leaves in various colors (yellow, pink, grey, orange) scattered across the bottom half of the page.

This Journal Belongs To



Gratitude turns what we have into
enough." – Aesop 



Day 1: Acknowledge the Little Things

- **Prompt:** What are three simple things you are grateful for today?

- **Reflection Space:**

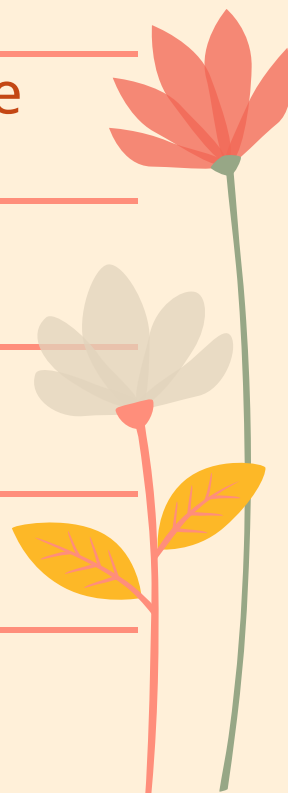
1.

2.

3.

- **Notes:**

How did acknowledging these things make you feel?



Day 2: People Who Matter

- **Prompt:** Who are three people you appreciate in your life, and why?
- **Reflection Space:**

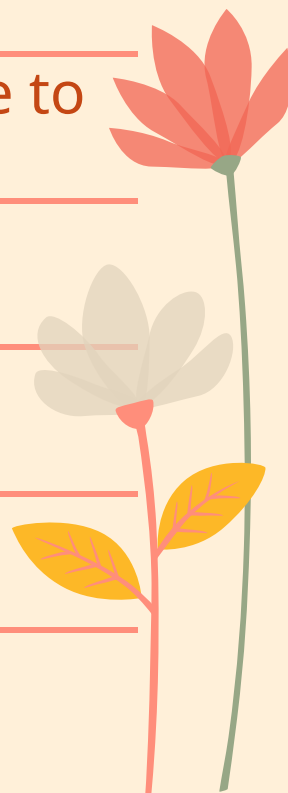
1.

2.

3.

- **Notes:**

What can you do to express your gratitude to them?



Day 3: Overcoming Challenges

- **Prompt:** Think of a challenge you faced recently. What lesson or strength did you gain from it?

- **Reflection Space:**

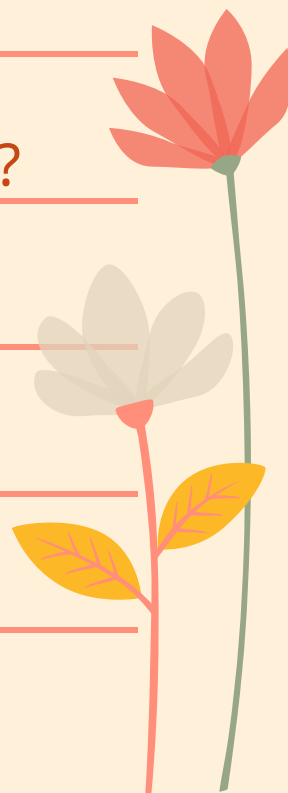
1.

2.

3.

- **Notes:**

How can this lesson help you in the future?



Day 4: Moments of Joy

- **Prompt:** Recall a moment this week that brought you joy. Describe it in detail.

- **Reflection Space:**

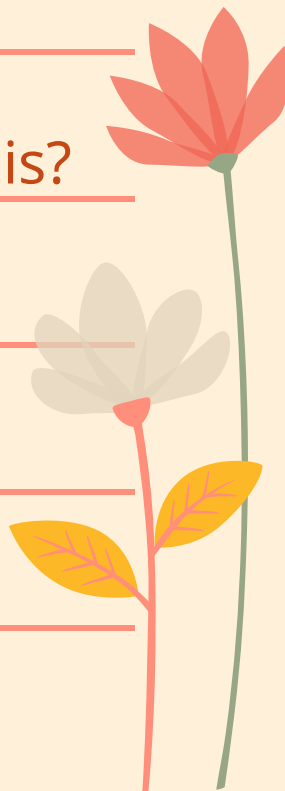
1.

2.

3.

- **Notes:**

How can you create more moments like this?



Day 5: Daily Affirmations

- **Prompt:** Write down three affirmations that reflect what you are grateful for in your life.

- **Reflection Space:**

1.

2.

3.

- **Notes:**

How do these affirmations make you feel?

