



# WEEKLY GRATITUDE JOURNAL PLANNER

NAME: \_\_\_\_\_

Month and Week: \_\_\_\_\_

# Sections

- 1** My Day - Things & Moments
- 2** Always Grateful - Happy & Inspired
- 3** Release & Replace
- 4** Always Grateful
- 5** Show Gratitude
- 6** Quote of the day
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# How to Use the Gratitude Journal

Print out the journal every week.

Be sure to write the Month and Week on the cover so that you can keep track.

Fill in the pages for each day of the week as the week progresses, there are different sections like "My Day", "Night Journal" etc.

When you find a quote that you really like head over to "Quote of the Day" section and jot it down.

Use the "30 Days of Gratitude" to check off each day you complete for the month.

You will be amazed at how life changes and how much positive energy you will start infusing when you actively start showing gratitude. Even little things matter, something as simple as someone smiling at you.

Happy Journaling!



# My Day Monday – Things & Moments

Today is:		I Woke Up At:
-----------	--	---------------

THINGS I AM GRATEFUL FOR	THINGS THAT MADE ME HAPPY
<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	

MOMENTS THAT ARE WORTH THE SHARE	TOMORROW I WILL FOCUS MORE ON









# Show Gratitude to People and Places - Monday

## DEAR ONES


## PERSONAL ASPECTS


## MEMORIES


## PLACES


## MATERIAL THINGS






# Quote of the Day – Monday

**Today I found this Quote:**

A large, vertically oriented spiral notebook with a grey cover and a white page. The page is ruled with horizontal lines and has a spiral binding on the left side.



# Night Journal Monday

## HAPPY MOMENTS OF THE DAY


## WHAT MADE ME SMILE TODAY

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## MY THOUGHTS

--

## LESSONS LEARNT TODAY

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## TOMORROW IS A GREAT DAY BECAUSE

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# My Day Tuesday – Things & Moments

Today is:		I Woke Up At:
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THINGS I AM GRATEFUL FOR	THINGS THAT MADE ME HAPPY
<ul style="list-style-type: none"><li><input type="checkbox"/></li><li><input type="checkbox"/></li></ul>	

MOMENTS THAT ARE WORTH THE SHARE	TOMORROW I WILL FOCUS MORE ON









# Show Gratitude to People and Places - Tuesday

## DEAR ONES


## PERSONAL ASPECTS


## MEMORIES


## PLACES


## MATERIAL THINGS






# Quote of the Day – Tuesday

**Today I found this Quote:**

A large, yellow-bordered spiral notebook page with 20 horizontal lines. The spiral binding is on the left side, with blue and yellow rings. The page is blank and ready for writing.





# My Day Wednesday – Things & Moments

Today is:		I Woke Up At:
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THINGS I AM GRATEFUL FOR	THINGS THAT MADE ME HAPPY
<ul style="list-style-type: none"><li><input type="checkbox"/></li><li><input type="checkbox"/></li><li><input type="checkbox"/></li><li><input type="checkbox"/></li><li><input type="checkbox"/></li><li><input type="checkbox"/></li><li><input type="checkbox"/></li><li><input type="checkbox"/></li><li><input type="checkbox"/></li><li><input type="checkbox"/></li></ul>	

MOMENTS THAT ARE WORTH THE SHARE	TOMORROW I WILL FOCUS MORE ON









# Show Gratitude to People and Places - Wednesday

## DEAR ONES


## PERSONAL ASPECTS


## MEMORIES


## PLACES


## MATERIAL THINGS






# Quote of the Day – Wednesday

**Today I found this Quote:**

A large graphic of a spiral-bound notebook with a yellow cover and blue spiral binding on the left side. The notebook page is white with horizontal ruling lines, intended for writing a quote.





# My Day Thursday – Things & Moments

Today is:		I Woke Up At:
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THINGS I AM GRATEFUL FOR	THINGS THAT MADE ME HAPPY
<ul style="list-style-type: none"><li><input type="checkbox"/></li><li><input type="checkbox"/></li><li><input type="checkbox"/></li><li><input type="checkbox"/></li><li><input type="checkbox"/></li><li><input type="checkbox"/></li><li><input type="checkbox"/></li><li><input type="checkbox"/></li><li><input type="checkbox"/></li><li><input type="checkbox"/></li></ul>	

MOMENTS THAT ARE WORTH THE SHARE	TOMORROW I WILL FOCUS MORE ON









# Show Gratitude to People and Places - Thursday

## DEAR ONES


## PERSONAL ASPECTS


## MEMORIES


## PLACES


## MATERIAL THINGS






# Quote of the Day – Thursday

**Today I found this Quote:**

A large, yellow-bordered graphic of a spiral notebook with a white page and horizontal lines. The spiral binding is on the left side, with blue and yellow rings. The page is currently blank, intended for writing a quote.



# Night Journal Thursday

## HAPPY MOMENTS OF THE DAY


## WHAT MADE ME SMILE TODAY

## MY THOUGHTS

## LESSONS LEARNT TODAY

## TOMORROW IS A GREAT DAY BECAUSE





# My Day Friday – Things & Moments

Today is:		I Woke Up At:
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THINGS I AM GRATEFUL FOR	THINGS THAT MADE ME HAPPY
<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	

MOMENTS THAT ARE WORTH THE SHARE	TOMORROW I WILL FOCUS MORE ON









# Show Gratitude to People and Places - Friday

## DEAR ONES


## PERSONAL ASPECTS


## MEMORIES


## PLACES


## MATERIAL THINGS






# Night Journal Friday

## HAPPY MOMENTS OF THE DAY


## WHAT MADE ME SMILE TODAY

## MY THOUGHTS

## LESSONS LEARNT TODAY

## TOMORROW IS A GREAT DAY BECAUSE





# Quote of the Day – Friday

**Today I found this Quote:**

A large, yellow-bordered rectangular area with rounded corners, designed to look like a spiral notebook page. It features a vertical spiral binding on the left side with blue and yellow rings. The interior of the page is white with horizontal grey lines for writing.



# My Day Saturday – Things & Moments

Today is:		I Woke Up At:
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THINGS I AM GREATEFUL FOR	THINGS THAT MADE ME HAPPY
<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	

MOMENTS THAT ARE WORTH THE SHARE	TOMORROW I WILL FOCUS MORE ON









# Show Gratitude to People and Places

## - Saturday

### DEAR ONES


### PERSONAL ASPECTS


### MEMORIES


### PLACES


### MATERIAL THINGS






# Quote of the Day – Saturday

**Today I found this Quote:**

A large, empty rectangular area with a yellow border and rounded corners, designed for writing a quote. The area contains horizontal lines for text, and the left side features a spiral binding graphic with blue and yellow rings.





# Night Journal Saturday

## HAPPY MOMENTS OF THE DAY


## WHAT MADE ME SMILE TODAY

## MY THOUGHTS

## LESSONS LEARNT TODAY

## TOMORROW IS A GREAT DAY BECAUSE





# My Day Sunday – Things & Moments

Today is:		I Woke Up At:
-----------	--	---------------

THINGS I AM GRATEFUL FOR	THINGS THAT MADE ME HAPPY
<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	

MOMENTS THAT ARE WORTH THE SHARE	TOMORROW I WILL FOCUS MORE ON









# Show Gratitude to People and Places

## - Sunday

### DEAR ONES


### PERSONAL ASPECTS


### MEMORIES


### PLACES


### MATERIAL THINGS






# Quote of the Day – Sunday

**Today I found this Quote:**

A large, empty rectangular area with a yellow border and rounded corners, designed for writing a quote. The area is filled with horizontal white lines. On the left side, there are blue and yellow spiral binding marks.





# Night Journal Sunday

## HAPPY MOMENTS OF THE DAY


## WHAT MADE ME SMILE TODAY

## MY THOUGHTS

## LESSONS LEARNT TODAY

## TOMORROW IS A GREAT DAY BECAUSE





# Summary Of Important Things I am Grateful For This Week

Week:

MONDAY		TUESDAY	
WEDNESDAY	THURSDAY	FRIDAY	
SATURDAY		SUNDAY	





# 30 Days Of Gratitude

Month: \_\_\_\_\_

SUN	MON	TUE	WED	THU	FRI	SAT
<input type="checkbox"/>						
<input type="checkbox"/>						
<input type="checkbox"/>						
<input type="checkbox"/>						
<input type="checkbox"/>						





I am so grateful and I thank  
myself for completing this Journal

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Signature