

Gratitude Log

A Log Worksheet for Personal Reflection



Name: _____

Date: _____

Today I'm Grateful For



Why This Matters

Why am I grateful for these things?

Moments of Joy

What made me smile or feel good today?

Reflection

How did practicing gratitude affect my mood today?

Weekly Reflection

What am I most grateful for this week?

What patterns do I notice?

"Gratitude turns what I have into enough."