

Gratitude Journal

Use this gratitude Journal to list 5 things you are grateful for each day. Come prepared to give your testimony next week, sharing any difference it made for you.

If you have trouble coming up with things to be grateful for, we have a list of prompts to help you find your five items each day.

I am grateful for / I thank God for:

1. Someone whose company I enjoy...
2. The best part about yesterday/today...
3. A reason to be excited for the future...
4. A valuable lesson I learned...
5. Someone who I admire...
6. Something beautiful I saw...
7. A fun experience I had...
8. An act of kindness I witnessed or received...
9. Someone I can always rely on...
10. Something I can be proud of...
11. An unexpected good thing that happened...
12. An experience I feel blessed to have had...
13. An act of kindness I was able to carry out..
14. An aspect of my health that is functioning or has improved...
15. A source of income...
16. A privilege I have because of my place of birth or the family I was born into...
17. Knowledge I have about...
18. A positive change that you made...

<p>This Sabbath:</p> <ol style="list-style-type: none">1. _____ _____2. _____ _____3. _____ _____4. _____ _____5. _____ _____	<p>Sunday:</p> <ol style="list-style-type: none">1. _____ _____2. _____ _____3. _____ _____4. _____ _____5. _____ _____
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<p>Monday:</p> <ol style="list-style-type: none">1. _____ _____2. _____ _____3. _____ _____4. _____ _____5. _____ _____	<p>Tuesday:</p> <ol style="list-style-type: none">1. _____ _____2. _____ _____3. _____ _____4. _____ _____5. _____ _____
<p>Wednesday:</p> <ol style="list-style-type: none">1. _____ _____2. _____ _____3. _____ _____4. _____ _____5. _____ _____	<p>Thursday:</p> <ol style="list-style-type: none">1. _____ _____2. _____ _____3. _____ _____4. _____ _____5. _____ _____
<p>Friday:</p> <ol style="list-style-type: none">1. _____ _____2. _____ _____3. _____ _____4. _____ _____5. _____ _____	<p>Sabbath:</p> <ol style="list-style-type: none">1. _____ _____2. _____ _____3. _____ _____4. _____ _____5. _____ _____