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# Gratitude Journal

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A 30-Day Guided Journal



Daily Entry

Created with LoomJournals

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# How to Use This Journal

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Welcome to your journal! Here are some tips to get the most out of it:

- 1 Set aside a few minutes each day to write
- 2 Be honest and write freely without judgment
- 3 Try to write at the same time each day to build a habit
- 4 Review your entries weekly to notice patterns

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- List three to five things you are grateful for each day
  - Describe one positive moment from your day
  - Write a personal affirmation to carry with you



Scan for a detailed guide on how to use this journal



























































