

SEVEN-DAY GRATITUDE JOURNAL

A compact week of original prompts. Write as much or as little as is useful; there is no required mood or outcome.

Day 1 - People

Who made an ordinary moment easier for you today?

Day 2 - Daily moments

What worked better than expected?

Day 3 - Growth

What can you do now that once felt difficult?

Day 4 - Places

What place helps you feel grounded?

Day 5 - Support

What tool or resource saved you time today?

Day 6 - Looking ahead

What are you glad you get another chance to try?

Day 7 - Looking ahead

What value do you want to carry into the next week?

End-of-week note

What is one detail from this week you want to carry forward?

This resource supports personal reflection and makes no mental-health or wellness claim.