



Practice Gratitude 7-Day Challenge Journal

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Gratitude Challenge: Day 1

One good thing that happened to me today...

Something good that I saw someone do...

Today I had fun when...



Gratitude Challenge: Day 2

Something I accomplished today...

Something funny that happened today...

Someone I was thankful for today...



Gratitude Challenge: Day 3

Something I was thankful for today...

Today I smiled when...

Something about today I'll always want to remember...



Gratitude Challenge: Day 4

One good thing that happened to me today...

Today was special because...

Today I was proud of myself because...



Gratitude Challenge: Day 5

Something interesting that happened today...

Someone I was thankful for today...

Today I had fun when...



Gratitude Challenge: Day 6

Something about today I'll always want to remember...

Something funny that happened today...

My favourite part of today...



Gratitude Challenge: Day 7

Something I was happy about today...

Something good I saw someone do today...

Something I did well today...

