Daily Gratitude Diary Template

Vitality with Donna Booth

Today is DAY - MONTH - YEAR

How was my day? The score for my day as I start this journal is _____
(This is your INITIAL gut-feel score from +5 to -5 that represents how your day went - at first glance)

My Progresses & Successes Today
3 things you have had successes or made progress with.
ESSENTIAL: Lower your standards until you find 3 things!

1. _____
2. _____
3. _____

Pat Yourself on the Back

What did you do today that required courage, what positive choice did you make consistent with who you want to become? However small, write it here:

_____
_____
_____

What you have Learned - What did you learn about yourself today, what inspired you?

_____

Goals or Intentions - What actions, thoughts or steps did you take today that move you towards your goals or intentions?

_____

What, if anything, triggered me today?

_____

Where do I need to be kinder to myself? Where could you have been kinder to yourself – and therefore happier & more productive?

_____

Looking after You! What did I do today just for me?

_____

Gratitude & Appreciation
3 things you are grateful for (or appreciated) today.
ESSENTIAL: Lower your standards until you find 3 things to genuinely appreciate!

1. _____
2. _____
3. _____

a. How was my day? The score for my day as I complete this journal is _____

b. What is the difference in your scores from start to finish (if any)? _____

(This is your gut-feel score from +5 to -5 that represents how your day went now you have reviewed your day with a more positive mindset!)

What else do I want to make note of here? Anything else you may want to record, things you noticed as you reflected, things you may want to do differently tomorrow etc.

_____
_____

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