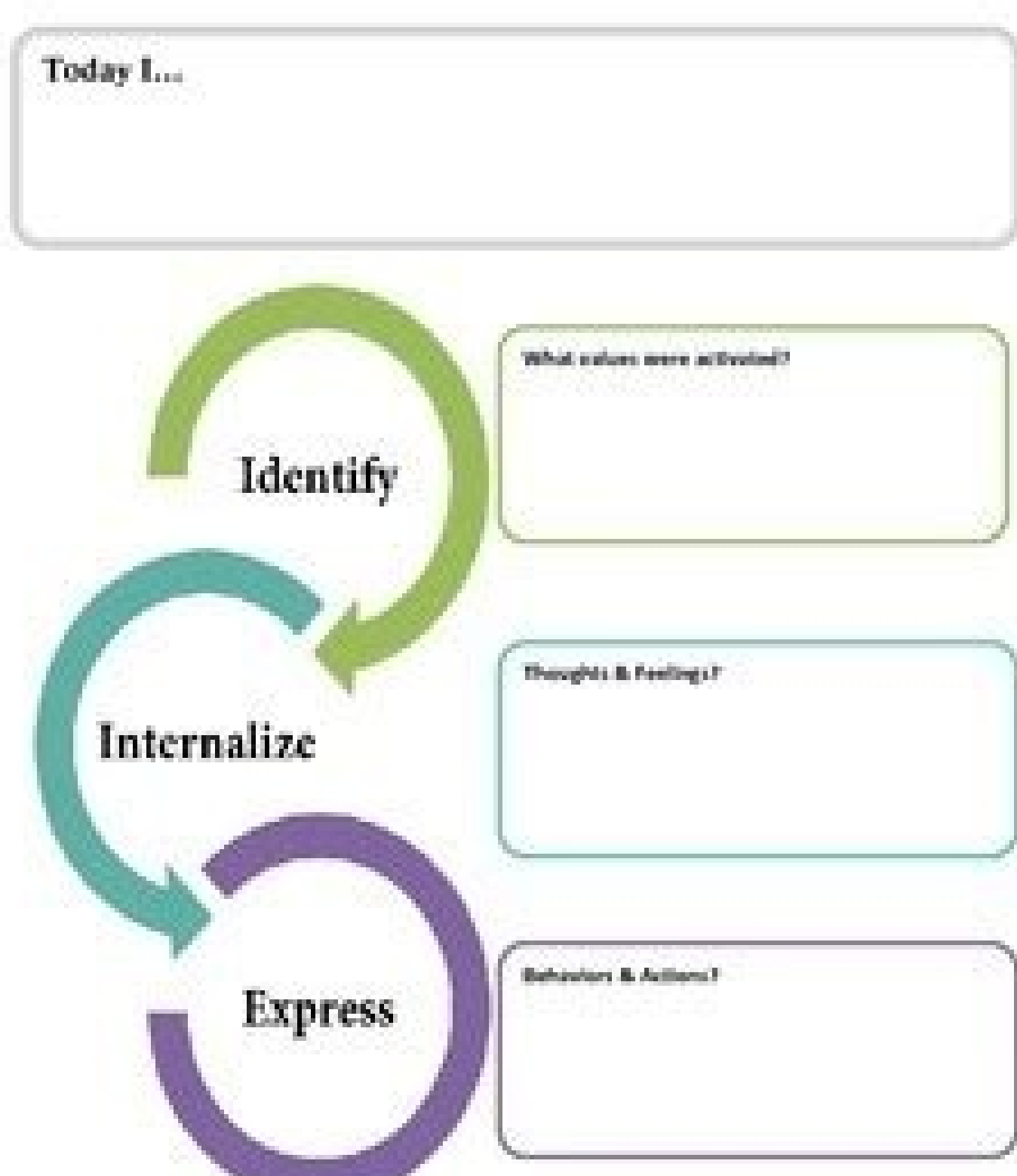


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Free Printable Gratitude Journal (no sign up required)

Gratitude Journal



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Gratitude journal template printable. Gratitude diary template. Gratitude journal to print.

Have you been wanting to start a gratitude journal, but don't know where to start? You don't have to wait for a new month or a new week. You can start today! Check out this list of daily gratitude journal prompts to help you get started! We've got a free printable to help you too! This post may contain affiliate links. Please see my Disclosure for more information. I've seen a lot of talk about gratitude and journaling amongst my friends these days. I'm a firm believer in gratitude and how it can change our lives. Taking a step out of our busy lives to acknowledge the good in our lives can really make things look better. There are so many benefits to keeping a daily gratitude journal and I often include space for a gratitude log in my monthly bullet journal set up. It definitely takes effort to develop the habit of finding things to be thankful for. It's kind of sad, but it's true. We're so busy these days and it's so easy to focus on what's not going so great. So, what's the big deal with keeping a gratitude journal and committing time to write in it each day? Benefits of Practicing Gratitude I can give you a long list of statistics and studies on the effects of gratitude journaling. But, I want to share the personal benefits I have experienced too. According to this article by Happier Human, keeping a gratitude journal for an extended period of time can help you become happier, increase social capital, improve your physical health, boost your career, and strengthen your emotions. Being less vague and general, practicing gratitude can improve sleep, help strengthen your marriage, improve decision making, and create deeper relationships. On a personal level, here are the benefits I have experienced. More Patience. While it's not something I like to admit to, I have always had a bit of a short temper and have been easily irritated. As a mom, neither of those traits are desirable. Since keeping a daily gratitude journal, I have noticed a big difference. I talk more calmly and explain situations rather than jumping to conclusions. And I try to empathize with my children and understand their perspective before allowing my emotions to take over. Less Envious. For as long as I can remember, I have been trying to "keep up with the Joneses". New clothes, nicer cars, sparkly jewelry, aka a flashy life. And no matter how much stuff I had, I was never satisfied. There was always more to want. Practicing gratitude helped me realize there will always be stuff and things to want. But, now I can really see how much I have and be happy with those things and my current situation. Healthier Eating Habits. Gratitude has put me in a mindset to be grateful for my body and health. It's easier now to see all my body is capable of and then it comes naturally to want to fuel my body with whole foods and ingredients. Happier Marriage. My husband and I have been together for almost twelve years. And at times, the passion and the desire has declined. Gratitude has been an insight into how fortunate we are to have one another. It's a reminder to make the most of every moment with my husband and appreciate all he does for our family. The list could go on and on. I'm not saying that all of these have a direct connection to gratitude journaling. But, they all stem from a changed mindset, which I credit to gratitude. By focusing on all that I have, it's makes it easier on the challenging days. How to Start a Gratitude Journal To start your first gratitude journal, all you need is a notebook and a pen. Or, if you are using a bullet journal, choose a couple of pages to dedicate to gratitude logging each month. Most months I include a gratitude log page or a space in my spread for gratitude. GRATITUDE JOURNALING SUPPLIES Leuchtturm1917 makes beautiful lined journals with page numbers, an elastic closure, an interior pocket, and ultra-light gray lines that won't distract you while writing. If you want something that already includes a basic gratitude template, check out the Good Days Start with Gratitude: A 52-Week Guide to Cultivate an Attitude of Gratitude: Gratitude Journal. And why not get your kids in on daily gratitude practice too? This 3-Minute Gratitude Journal for Kids is amazing for elementary-age children. It daily logs with a place to write what they are grateful for, who brought them joy, how they are feeling, and a section to write or draw the best part of their day. I highly recommend getting a good pen that you love and can write smoothly with. A pen can make or break your relationship with writing. While I typically use fine line pens in my bullet journal, my favorite pens for writing in a journal are the InJoy Gel Pens. The ink is smooth and the pen fits snugly in my hand. They come in a large variety of colors and the ink dries much quicker than similar gel pens. It has a 0.7mm tip which is nice for creating smooth, legible writing. Once you have your notebook and pen, it's as simple as writing down the date and on a regular sheet of letter-sized paper. Then trim it down to size! If you're going to be pasting this paper over another page in your journal, I suggest using Tombow Mono Adhesive. It won't make your paper bumpy and you won't have any tape showing on the sides. It's easy to apply and keeps your page securely in place! You can also use washi tape (which is actually what I often do to add a pop of color) Daily Gratitude Journal We also have a second Gratitude Log printable that you can download by joining our VIP section of the site. You can use the Daily Gratitude Log printable to add pages to your bullet journal or to create a homemade gratitude journal. This daily gratitude printable digs even deeper each day by giving you three spaces to fill out. It's completely free and you'll have access to more free printables! Click here to join the VIP library! The printable daily gratitude page comes in both US Letter and A5 size. When you receive this file, you will get a ZIP file with both sizes. To unzip a file on Mac, simply double click the file. In Windows, right-click the zip file and then click 'Extract All'. From here, open the PDF in Adobe Reader (completely free here) and print. The A5 version comes with a faint gray cut line so you can easily cut it out and put it in your bullet journal. Then you can customize it to make it your own! Click here to join the VIP library to get your bonus gratitude printable! There is no manual for teaching gratitude. In fact, there are many ways to raise grateful kids, and one of those ways is journaling. I designed this printable gratitude journal for kids to make it easy for children to express thankfulness for what they have in life. I came up with this idea after having so much success with our nature journal. It seems like kids enjoy and learn things better when they have creative prompts and writing ideas. A gratitude journal is a small notebook that encourages your kids to write, paint, draw, and reflect on the people and things they appreciate the most. Basically, it is a space where your kids can express their feelings, experiences, findings, and ideas, all to establish the habit of gratitude. This simple guide will teach you how to start a gratitude journal with your kids. First, you will find the reasons why starting this journal is fantastic for your family. Then, I'll share what to write in your gratitude journal. Including some prompt ideas and free printables to get you and your family started. And finally, I will show you some journaling alternatives that you can also use at home to teach gratitude. Keep reading this post to find it all! Why You Should Keep a Gratitude Journal with Your Kids Studies show that gratitude is strongly connected with happiness. And those who write about what they are thankful for are more optimistic, improve their health, and have higher life satisfaction and better relationships. Journaling can also benefit our kids. It will help them improve their writing and communication skills and help them deal with their emotions. Personally, we have found that keeping a gratitude journal has helped us. Be happier and lower our stress levels! Get perspective on what really matters in life! Learn more about ourselves! Be mindful of how we express our gratitude! Be more generous and kind with others! As you can see, gratitude journaling seems to have a great impact on our lives. Let me show you how to start your own! How to Start a Gratitude Journal with Children There are no rules on how to start a gratitude journal. You won't need a particular book or diary to get started. Any empty notebook will work just fine. But if your kids feel extra crafty, let them make their own journal with our printables. You'll also need basic supplies such as pens, pencils, markers, and colors. All you have to do is sit with your kids for a couple of minutes every day to write about their feelings and thoughts. I know that writing can get a little boring for some kids, so feel free to also include creative prompts like making a collage, composing a song, or drawing. Just have fun and remember that the only important thing here is focusing on being grateful. Help your kids become aware of the people and things they have and reflect on why they appreciate them. If you are not sure what to write in your journal, down below, you can find a free printable template that includes fun activities and questions to get you started! Printable Gratitude Journal for Kids This printable journal includes many different writing prompts and fill-in-the-blanks designed to make gratitude a fun practice for your kids. You can download it for free at the end of this post and print it. Print the pages double-sided on regular white paper, fold them in half and staple them in the middle. Or, print single-sided pages, cut them along the dotted lines, and staple to the top. Start by making your kids decorate the cover of their journal, write their names, and complete one activity each day. The first page included is People I Am Grateful For. Here, your kids have to list ten people they are grateful for. They can be family, friends, or strangers. The next activity is My Gratitude List. Here, kids have to fill in the blanks with things they are thankful for, such as places, food, games, movies, etc. Then we have a Morning Gratitude Jar. You'll have to set up some minutes in the morning to make a list of things you are grateful for. I recommend you do this activity on the weekend, so you have time to talk about the reasons why your kids appreciate these things. After that, you can find the ABCs of Gratitude. In this activity, kids have to pick a letter of the alphabet and think of things they are grateful for that begin with it. They can draw one or multiple items, write them down, or make lists. I also included a writing and drawing prompt called Grateful for My Day. In this activity, kids are required to draw a happy moment of their day and answer for: Talk about the ways a family member makes your life better. Tell about a time when a family member helped you with a problem. What is something unique about your family that you are thankful for? Grateful for my Friends Draw a friend you are grateful for. Tell about a time when you were able to help a friend. When were you grateful for something a friend did for you? Tell about a time you got to play with a toy that belongs to one of your friends. Grateful for my Home Draw your favorite place in your house. Talk about the work that went into the home you live in. Talk about the people who work in your community. Think about all the things that you own at home and what do they allow you to do. Ready to try these activities? Scroll to the end of this post to get them all! Gratitude Journal Ideas If you liked our printable activities, but still want more ideas to cultivate an attitude of gratitude, add the following prompts to your journal. Creative Prompts to practice gratitude: Write a letter to someone who has positively impacted your life. Make a collage of things you are grateful for. Write a poem for someone you are thankful for. Write down quotes about gratitude. Make an acoustic using the word THANKFUL. Make a list of books about gratitude that you want to read. Write a song about gratitude. Make a list of ways you can help others. Draw how you look when you feel grateful. Make your own Gratitude Word Search and let someone in your family resolve it. Find photos of moments you are grateful for. And if you want Gratitude Writing Prompts for your kids, you can try these questions: Do you ever find it difficult to be grateful? Think of something good you did for yourself recently and write yourself a thank you letter. What abilities are you thankful to have and why? What activities and hobbies would you miss if you were unable to do them? Who has done something to help you this week? How can you thank them? List 10 ways you shared your gratitude with other people today. What is something you are grateful to have learned this week? How do you feel when someone shares their gratitude for something you have done? Write about a time when someone expected you to be grateful, but you weren't. What would you change? Name and write about someone you have never met, but has helped you in some way. Alternatives to a Gratitude Journal If you feel like writing a journal can be a little too much for your kids, here are other fantastic ideas you can try instead: Gratitude Tree: this easy activity helps children recognize the things they can be grateful for. Your kids have to write these things on the leaves of a tree to complete a wall art. Gratitude Jar: this is another fun way to practice gratitude every day. Your kids have to pull a note from a jar to remember people and things to be thankful for. They will also discover ideas on how to show their gratitude. Gratitude Scavenger Hunt: this fun activity is fantastic for active children as they have to find 20 things to be thankful for. Download The Printable Gratitude Journal Template! You'll receive a PDF file with all the activities mentioned above (print 2 per page). Preferably, print on US Letter sized paper, or make sure to select Fit Page on your printer setting when printing on a different size. Make as many journals as you want for your kids! You can even try this activity every year to see how their answers change through the years and to remember how important it is to be grateful. Ready to start your gratitude journal in 5 minutes or less? Click the link below to download our free printable Gratitude Book! DOWNLOAD THE GRATITUDE JOURNAL FOR KIDS *Please remember that these printables are for personal use only. You may not sell or distribute the files. If you want to share them, please link to this post and not directly to the PDF files. More Gratitude Ideas to Try Printable Gratitude Jar Printable Gratitude Tree Printable Gratitude Letter How To Start A Gratitude Journal For Kids

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