

THE
MINDFULL AUS
ULTIMATE

GRATITUDE

JOURNAL

Always have an attitude
of gratitude.

Our Daily Gratitude Journal

Gratitude Journal

WELCOME!

Daily gratitude journaling is a simple practice that involves taking a few minutes each day to write down things you are thankful for.

This practice has been shown to have numerous benefits for mental health and well-being, including increased happiness, reduced stress, and improved relationships.

By focusing on the positive aspects of your life, you can cultivate a more optimistic outlook and increase your overall satisfaction with life.

Additionally, keeping a gratitude journal can serve as a helpful reminder to appreciate the good things in your life, even when things are difficult. With just a few minutes each day, this practice can have a significant impact on your overall well-being.

Matt Runnalls

Mindfull Aus

Daily Gratitude

The more reflective we are, the more effective we are

Date: ____/____/____

ACCOMPLISHMENTS/OUTCOMES OF TODAY:

Horizontal lines for writing accomplishments and outcomes.

THE THINGS I DID WELL TODAY:

Horizontal lines for writing things done well today.

Space for anything

Dotted grid area for additional notes.

Daily Gratitude

The more reflective we are, the more effective we are

Date: ____/____/____

ACCOMPLISHMENTS/OUTCOMES OF TODAY:

THE THINGS I DID WELL TODAY:

Space for anything

Daily Gratitude

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THE THINGS I DID WELL TODAY:

Space for anything



Daily Gratitude

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Date: ____/____/____

ACCOMPLISHMENTS/OUTCOMES OF TODAY:

THE THINGS I DID WELL TODAY:

Space for anything



Daily Gratitude

The more reflective we are, the more effective we are

Date: ___/___/___

ACCOMPLISHMENTS/OUTCOMES OF TODAY:

THE THINGS I DID WELL TODAY:

Space for anything

A large area of dotted lines for free writing.

Daily Gratitude

The more reflective we are, the more effective we are

Date: ___/___/___

ACCOMPLISHMENTS/OUTCOMES OF TODAY:

THE THINGS I DID WELL TODAY:

Space for anything

A large grid of small dots arranged in approximately 25 rows and 50 columns, intended for free writing or additional notes.

Daily Gratitude

The more reflective we are, the more effective we are

Date: ____/____/____

ACCOMPLISHMENTS/OUTCOMES OF TODAY:

THE THINGS I DID WELL TODAY:

Space for anything



Daily Gratitude

The more reflective we are, the more effective we are

Date: ____ / ____ / ____

ACCOMPLISHMENTS/OUTCOMES OF TODAY:

THE THINGS I DID WELL TODAY:

Space for anything

A large grid of small dots, approximately 20 columns wide and 28 rows high, intended for free writing or notes.

Daily Gratitude

The more reflective we are, the more effective we are

Date: ___ / ___ / ___

ACCOMPLISHMENTS/OUTCOMES OF TODAY:

THE THINGS I DID WELL TODAY:

Space for anything



Daily Gratitude

The more reflective we are, the more effective we are

Date: ____/____/____

ACCOMPLISHMENTS/OUTCOMES OF TODAY:

THE THINGS I DID WELL TODAY:

Space for anything

A large grid of small dots for free writing.

Daily Gratitude

The more reflective we are, the more effective we are

Date: ____ / ____ / ____

ACCOMPLISHMENTS/OUTCOMES OF TODAY:

THE THINGS I DID WELL TODAY:

Space for anything



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Date: ____/____/____

ACCOMPLISHMENTS/OUTCOMES OF TODAY:

THE THINGS I DID WELL TODAY:

Space for anything



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Date: ____ / ____ / ____

ACCOMPLISHMENTS/OUTCOMES OF TODAY:

THE THINGS I DID WELL TODAY:

Space for anything



Daily Gratitude

The more reflective we are, the more effective we are

Date: ____ / ____ / ____

ACCOMPLISHMENTS/OUTCOMES OF TODAY:

THE THINGS I DID WELL TODAY:

Space for anything



