



THE FLOOZIE FOUNDATION GRATITUDE JOURNAL

FINDING JOY, RESILIENCE & GRATITUDE THROUGH THE JOURNEY

MONTH 1



DATE:

Today I am grateful for:

Prompt: A person who made me smile today was:

Reflection Space:

Mood Check-in (circle one):



DATE:

Today I am grateful for:

Prompt: Something in nature I noticed or appreciated today was:

Reflection Space:

Mood Check-in (circle one):



DATE:

Today I am grateful for:

Prompt: A comfort I enjoyed today was...:

Reflection Space:

Mood Check-in (circle one):



DATE:

Today I am grateful for:

Prompt: I am proud of myself for:

Reflection Space:

Mood Check-in (circle one):



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Today I am grateful for:

Prompt: A memory that brings me joy is:

Reflection Space:

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Prompt: Today I found strength in:

Reflection Space:

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Prompt: I felt peace when.:

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Prompt: Today I am grateful simply for being here:

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MONTHLY REFLECTION

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A challenge I faced and what I learned:

A memory I want to keep from this month:

One hope for next month:

MONTH 2



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A memory I want to keep from this month:

One hope for next month:

MONTH 3



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A challenge I faced and what I learned:

A memory I want to keep from this month:

One hope for next month:

MONTH 4



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Prompt: Today I am grateful simply for being here:

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A memory I want to keep from this month:

One hope for next month:

MONTH 5



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MONTH 6



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Prompt: A song, book, or show that lifted me today was:

Reflection Space:

Mood Check-in (circle one):



DATE:

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Prompt: I am thankful for my body because:

Reflection Space:

Mood Check-in (circle one):



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Prompt: A tradition or ritual that comforts me is:

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Mood Check-in (circle one):



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Prompt: Today I am grateful for rest because:

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Reflection Space:

Mood Check-in (circle one):



DATE:

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Prompt: Today I am grateful simply for being here:

Reflection Space:

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MONTHLY REFLECTION

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A challenge I faced and what I learned:

A memory I want to keep from this month:

One hope for next month:

MONTH 8



DATE:

Today I am grateful for:

***Prompt:** A person who made me smile today was:*

Reflection Space:

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DATE:

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Prompt: Something in nature I noticed or appreciated today was:

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Reflection Space:

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Reflection Space:

Mood Check-in (circle one):



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DATE:

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Prompt: Today I am grateful simply for being here:

Reflection Space:

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MONTHLY REFLECTION

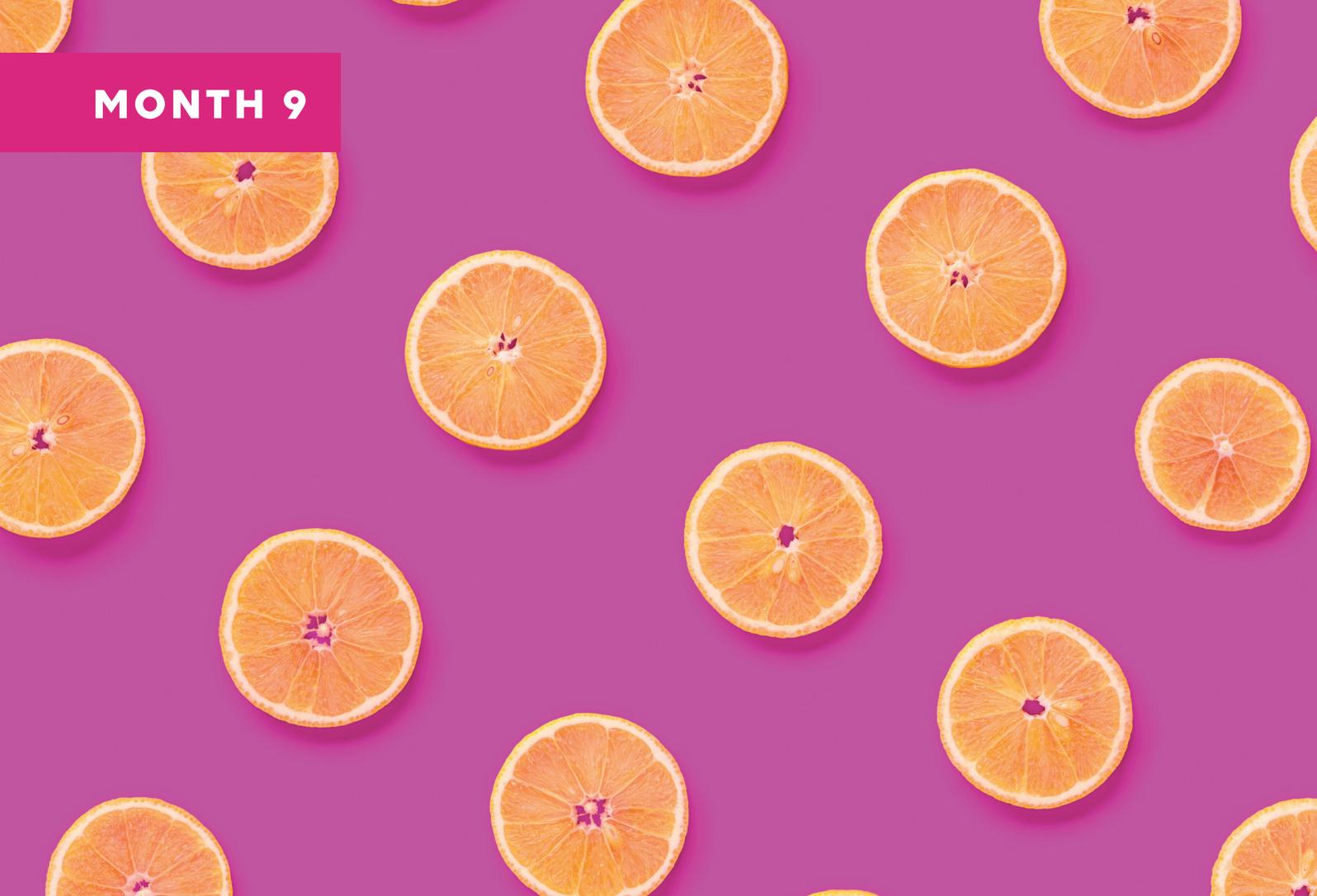
This month I'm grateful for:

A challenge I faced and what I learned:

A memory I want to keep from this month:

One hope for next month:

MONTH 9



DATE:

Today I am grateful for:

***Prompt:** A person who made me smile today was:*

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Mood Check-in (circle one):



DATE:

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Prompt: Today I am grateful simply for being here:

Reflection Space:

Mood Check-in (circle one):



MONTHLY REFLECTION

This month I'm grateful for:

A challenge I faced and what I learned:

A memory I want to keep from this month:

One hope for next month:

MONTH 10



DATE:

Today I am grateful for:

***Prompt:** A person who made me smile today was:*

Reflection Space:

Mood Check-in (circle one):



DATE:

Today I am grateful for:

Prompt: Something in nature I noticed or appreciated today was:

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Reflection Space:

Mood Check-in (circle one):



MONTHLY REFLECTION

This month I'm grateful for:

A challenge I faced and what I learned:

A memory I want to keep from this month:

One hope for next month:

MONTH 11



DATE:

Today I am grateful for:

Prompt: A person who made me smile today was:

Reflection Space:

Mood Check-in (circle one):



DATE:

Today I am grateful for:

Prompt: Something in nature I noticed or appreciated today was:

Reflection Space:

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MONTHLY REFLECTION

This month I'm grateful for:

A challenge I faced and what I learned:

A memory I want to keep from this month:

One hope for next month:

MONTH 12



DATE:

Today I am grateful for:

***Prompt:** A person who made me smile today was:*

Reflection Space:

Mood Check-in (circle one):



DATE:

Today I am grateful for:

Prompt: Something in nature I noticed or appreciated today was:

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MONTHLY REFLECTION

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A memory I want to keep from this month:

One hope for next month:

CLOSING REFLECTIONS

WRITE A LETTER OF GRATITUDE TO YOURSELF:

**A NOTE FOR LOVED ONES TO CONTRIBUTE
THEIR GRATITUDE MESSAGES:**

**LOOKING BACK ON THESE 6 MONTHS,
WHAT HAVE I LEARNED ABOUT GRATITUDE,
RESILIENCE, AND LOVE?**



WWW.FLOOZIEFOUNDATION.ORG.AU



[THETFLOOZIEFOUNDATION](https://www.instagram.com/THETFLOOZIEFOUNDATION)

USEFUL WEBSITES

