



Gratitude Tracker

A 30-Day Journey to More Joy and Peace



How to Use This Tracker:

- Each day, write down 3 things you're grateful for—big or small.
- You can also add your daily mood to see how gratitude impacts your feelings over time.
- Feel free to decorate, doodle, or color it in to make it your own!



Gratitude Tracking Table:

3 Things I'm Grateful For Mood (😊😐😞) Notes or Reflections

Day	I'm grateful for...	Mood/Notes/Reflection
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
11		
12		

Day	I'm grateful for...	Mood/Notes/Reflection
13		
14		
15		
16		
17		
18		
19		
20		
21		
22		
23		
24		
25		
26		
27		
28		

Day	I'm grateful for...	Mood/Notes/Reflection
29		
30		
31		



Weekly Check-In:

(Every 7 days, pause and reflect.)



- What's one small moment that made me smile this week?

- What's starting to feel easier to appreciate?

- What surprised me this week?



Reminder Section

Gratitude
turns what we
have into
enough!

**Today is a
gift. Let's
notice it.**

**Even the
smallest joy
deserves a
moment of
thanks.**