



Daily Gratitude Journal

How was my day? This is your gut feeling. Rate your day on a scale of 1-10. 1 is terrible and 10 is amazing:

1 2 3 4 5 6 7 8 9 10

What were today's successes? Name the three most important things you had success or progress with today:

1. _____
2. _____
3. _____

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

What am I grateful for today? Name three things that you are the most grateful for and WHY you are grateful for them:

1. _____
2. _____
3. _____

What did I do today just for me?

Now that you have reflected on it, how was your day?

1 2 3 4 5 6 7 8 9 10

Is the above score any different than how you rated your day at the start?

Yes No

How much different are your scores? My score is _____ points higher/lower

What will you do differently tomorrow?



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