

Daily Gratitude Journal

How was my day? Remember, this is your gut feeling! Rate your day from 1-10:

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 were the most grateful for or appreciated the most:

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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