



Five Minute Gratitude Journal

Remember

Take a moment each day to reflect on the things you are thankful for, allowing yourself to appreciate the small and meaningful moments that bring joy and growth into your life, remembering that each good thing that happens in our day is a reminder of God's love and presence in the midst of joy-filled or even challenging moments.

Give thanks for where you noticed God today:

Person

Place

Thing

Things I Want to Remember About Today:

Write or draw about your day.

As you begin, ground yourself in gratitude. Give thanks for one or two things you can:

See

Smell

Taste

Touch

Hear

Write or draw items in the blue arrows.

My prayers from the day:

My hopes for tomorrow:

Today I was inspired by: