

GRATITUDE TRACKER

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Thank
you

PHYSICAL GRATITUDE MATTERS

Saying thank you is so so SO good for you. The trick to harness the power of gratitude is to practice it physically.

This template serves as a way for you to track what you are grateful for daily! Print out a couple of these sheets and keep them in a folder or hole punch them to stick in a binder. Fill them out at the beginning or end of each day.

You will be amazed at what focusing on what you are grateful for does for your emotional and mental health!

HOW TO USE THIS TEMPLATE

This template is supposed to be very easy to use! The 2nd sheet of this downloadable can be used daily or weekly, whichever way works for you- though I would encourage daily. Print out a week's worth of the sheets below and fill them out as you progress through the week.

BE AUTHENTIC

- Allocate our specific time to be present when you fill out your gratitude tracker. Don't be hurried or rushed. Be present and focused as you reflect on what you appreciate!

CHALLENGE YOURSELF

- Let what you write each day be different than the day before. Push yourself to really look for what made your present day unique and what you're grateful for within it.

SHARE THIS WITH WHO YOU LOVE

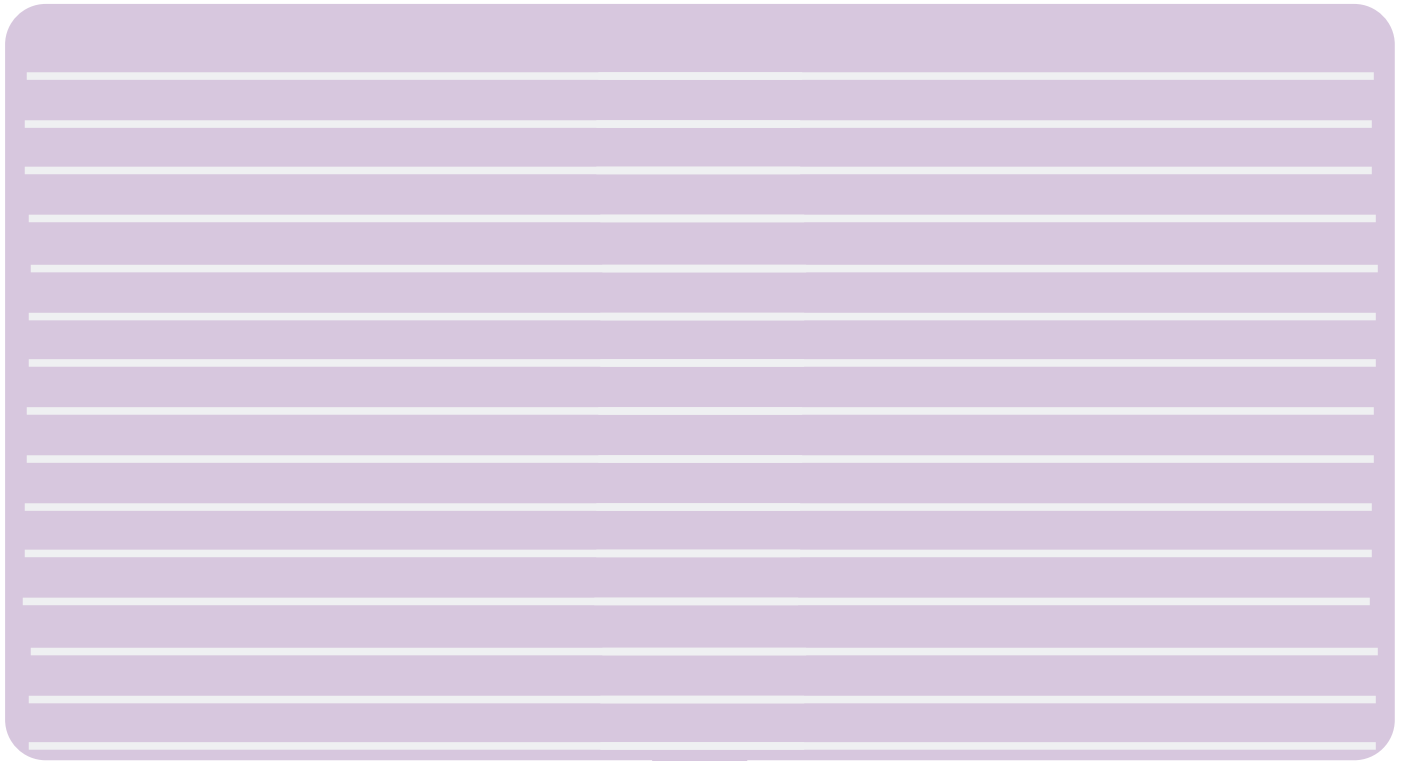
- The power of gratitude extends well beyond ourselves! If this tracker brought you value, share it with someone you love and encourage them to practice physical gratitude!



DAILY GRATITUDE

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"GRATITUDE TAKES WHAT WE HAVE AND MAKES IT ENOUGH."



Today I am grateful for...

TODAY I WILL:

Recognize my self worth.

Acknowledge the value in those around me.

Do both through physical appreciation.

I KNOW I AM:



loved



worthy



valued



seen