



**Stacy Kenny Mitchell**  
Health, Happiness, & Success Coach  
[www.itakesuccess.com](http://www.itakesuccess.com)  
[stacy@itakesuccess.com](mailto:stacy@itakesuccess.com)

### Gratitude Journal

Every morning and/or evening write down three things or people for which you are grateful. Big or small. Acknowledge your gratitude by either saying aloud or to yourself, “I am grateful for \_\_\_\_.” To take it a step further, think about why you are grateful for those things.

Date	#1	#2	#3
4/18			
4/19			
4/20			
4/21			
4/22			
4/23			
4/24			
4/25			
4/26			
4/27			
4/28			
4/29			
4/30			