

Gratitude Journal

How To Use

Thank you so much for downloading this free gratitude journal from Dirt and Boogers.

The Simple Way to Use Your Journal

I made the journal really simple and it can be reused year after year after year.

I have included weekly pages where you fill in the date and add 3 things that your grateful for that day. That's the super simple part.

Feel free to just use them like they are, or you can make a super cool book with them so you can look back at the end of the year to read about all the blessings you've had this year. *I suggest doing it...it's super fun and eye opening.*

To Make Your Yearly Binder:

Grab a 3 ring binder and hold punch your cover, title page, monthly pages and weekly pages. Stack them up in this order:

- *Cover (Gratitude Journal)
- *Quote Page (Single quote on it's own page)
- *Month page (whatever month you're in)
- *4 weekly pages

Then just throw the rest of the monthly pages behind and print off 4 new weekly pages at the beginning of every month and add them in. You can always go ahead and print out all the weekly pages for the year...or wait like I do.



Gratitude Journal

Dirt&Boogers.com

*Start Each Day
With a
Grateful Heart*



Week One

When you look at life through the eyes of gratitude, the world becomes a magical and amazing place - Jennifer Gayle

Monday, _____

Today I am grateful for:

Tuesday, _____

Today I am grateful for:

Wednesday, _____

Today I am grateful for:

Thursday, _____

Today I am grateful for:

Friday, _____

Today I am grateful for:

Saturday, _____

Today I am grateful for:

Sunday, _____

Today I am grateful for:

Week Two

A moment of gratitude makes a difference in your attitude - Bruce Wilkinson

Monday, _____

Today I am grateful for:

Tuesday, _____

Today I am grateful for:

Wednesday, _____

Today I am grateful for:

Thursday, _____

Today I am grateful for:

Friday, _____

Today I am grateful for:

Saturday, _____

Today I am grateful for:

Sunday, _____

Today I am grateful for:

Week Three

It is not happy people who are grateful, but grateful people who are happy.

Monday, _____

Today I am grateful for:

Tuesday, _____

Today I am grateful for:

Wednesday, _____

Today I am grateful for:

Thursday, _____

Today I am grateful for:

Friday, _____

Today I am grateful for:

Saturday, _____

Today I am grateful for:

Sunday, _____

Today I am grateful for:

Week Four

When you are grateful fear disappears and abundance appears. - Tony Robbins

Monday, _____

Today I am grateful for:

Tuesday, _____

Today I am grateful for:

Wednesday, _____

Today I am grateful for:

Thursday, _____

Today I am grateful for:

Friday, _____

Today I am grateful for:

Saturday, _____

Today I am grateful for:

Sunday, _____

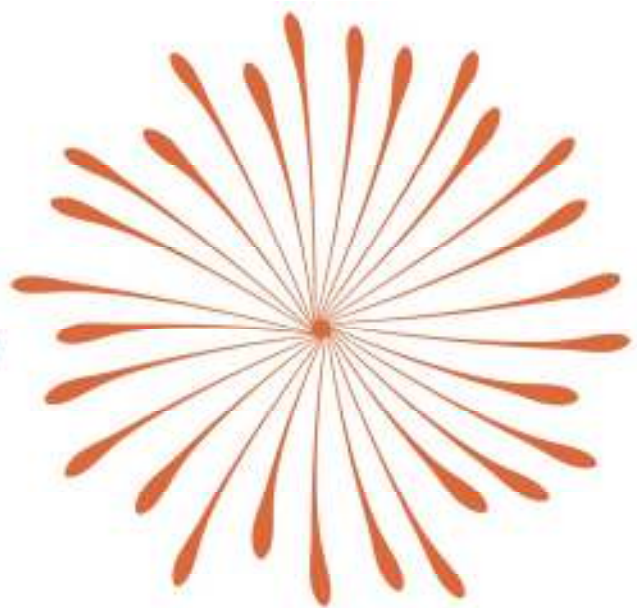
Today I am grateful for:





February

March





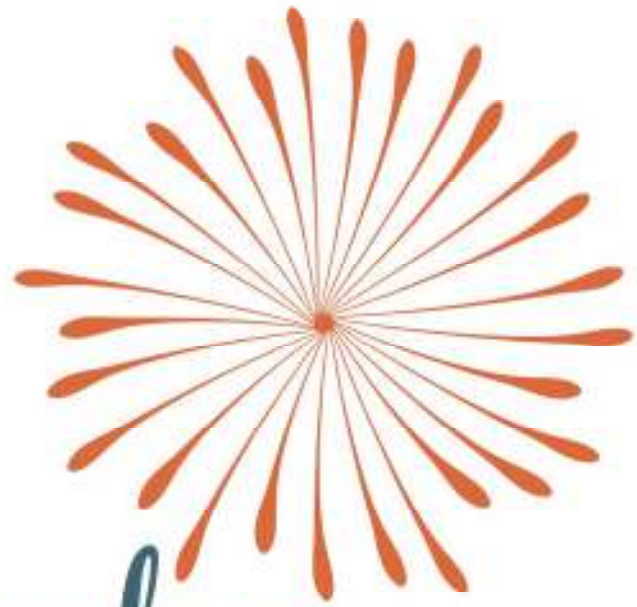
May











September

October



November



