CAREOPS MAEUMI

One-week gratitude journal

One thing a day is plenty. If nothing comes to mind, it's fine to leave a day blank.

Day 1

Date: ____ / ____

Something I appreciated

Why it mattered

Day 2

Date: ____ / ____

Something I appreciated

Why it mattered

Day 3

Date: ____ / ____

Something I appreciated

Why it mattered

Day 4

Date: ____ / ____

Something I appreciated

Why it mattered

Day 5

Date: ____ / ____

Something I appreciated

Why it mattered

Day 6

Date: ____ / ____

Something I appreciated

Why it mattered

Day 7

Date: ____ / ____

Something I appreciated

Why it mattered

Use the free web tool: https://maeumi.app/tools/gratitude-journal