

12-Week Gratitude List

Week 1

Today I am grateful for: _____

Today I am grateful for: _____

Today I am grateful for: _____

Today I am grateful for: _____

Today I am grateful for: _____

Today I am grateful for: _____

Today I am grateful for: _____

Week 2

Today I am grateful for: _____

Today I am grateful for: _____

Today I am grateful for: _____

Today I am grateful for: _____

Today I am grateful for: _____

Today I am grateful for: _____

Today I am grateful for: _____

Week 3

Today I am grateful for: _____

Today I am grateful for: _____

Today I am grateful for: _____

Today I am grateful for: _____

Today I am grateful for: _____

Today I am grateful for: _____

Today I am grateful for: _____

12-Week Gratitude List

Week 4

Today I am grateful for: _____

Today I am grateful for: _____

Today I am grateful for: _____

Today I am grateful for: _____

Today I am grateful for: _____

Today I am grateful for: _____

Today I am grateful for: _____

Week 5

Today I am grateful for: _____

Today I am grateful for: _____

Today I am grateful for: _____

Today I am grateful for: _____

Today I am grateful for: _____

Today I am grateful for: _____

Today I am grateful for: _____

Week 6

Today I am grateful for: _____

Today I am grateful for: _____

Today I am grateful for: _____

Today I am grateful for: _____

Today I am grateful for:

Today I am grateful for:

Today I am grateful for:

12-Week Gratitude List

Week 7

Today I am grateful for: _____

Today I am grateful for: _____

Today I am grateful for: _____

Today I am grateful for: _____

Today I am grateful for: _____

Today I am grateful for: _____

Today I am grateful for: _____

Week 8

Today I am grateful for: _____

Today I am grateful for: _____

Today I am grateful for: _____

Today I am grateful for: _____

Today I am grateful for: _____

Today I am grateful for: _____

Today I am grateful for: _____

Week 9

Today I am grateful for: _____

Today I am grateful for: _____

Today I am grateful for: _____

Today I am grateful for: _____

Today I am grateful for:

Today I am grateful for:

Today I am grateful for:

12-Week Gratitude List

Week 10

Today I am grateful for: _____

Today I am grateful for: _____

Today I am grateful for: _____

Today I am grateful for: _____

Today I am grateful for: _____

Today I am grateful for: _____

Today I am grateful for: _____

Week 11

Today I am grateful for: _____

Today I am grateful for: _____

Today I am grateful for: _____

Today I am grateful for: _____

Today I am grateful for: _____

Today I am grateful for: _____

Today I am grateful for: _____

Week 12

Today I am grateful for: _____

Today I am grateful for: _____

Today I am grateful for: _____

Today I am grateful for: _____

Today I am grateful for: _____

Today I am grateful for: _____

Today I am grateful for: _____