




# May Gratitude Journaling

	S	M	T	W	T	F	S
L A S T D A Y	31 The best things that happened in May.	27 	28 	29 	30 	1 The best thing that happened in April.	2 A piece of good news you've received so far this year.
3 The best weekend or day off you had this year and why.	4 One thing that surprised you (in a positive way) this year.	5 Something you're looking forward to this summer.	6 Your favorite photo from this year and why.	7 Something you saw recently that made you smile.	8 A challenge you've overcome this year.	9 The happiest memory from last year.	
10 Things you love about your home.	11 What you love about your family.	12 Something positive that happened today.	13 Favorite things about the month of May.	14 Friends you're grateful to have in your life.	15 Things you're looking forward to tomorrow.	16 Your favorite thing about yourself.	
17 Things in your life that make you feel hopeful.	18 Things in your life that give you a cozy feeling.	19 First memory that comes to mind when hearing the word 'happy.'	20 Bucket list items you've already crossed off.	21 A great experience you've had that few people have had.	22 Something you appreciate now that you didn't when you were younger.	23 A thought that brings a smile to your face.	
24 An everyday activity or thing that makes you happy.	25 Little gestures from those around you that make you feel loved.	26 A letter to someone you never got the chance to thank but wanted to.	27 The last time you felt happy and what you were doing.	28 People who supported you during tough times.	29 People who make an effort to stay connected.	30 Tough decisions that you took that helped you get where you are today.	