

August Gratitude Journaling

	S	M	T	W	T	F	S
2 L A S T S	30 The best thing that happened in August.	31 Things you're looking forward to next month.	28  Ordinary & Happy	29 	30	31 S T A R T	1 The happiest memory you have.
	2 The most important person in your life.	3 A piece of advice you received that changed your life for the better.	4 A kind thing someone has done for you recently.	5 A time you felt at peace with where you were in life.	6 A song that makes you feel happy and calm.	7 A family tradition you love.	8 Something your past self would be proud of today.
	9 A lesson you're happy you've learned recently.	10 Someone who recognized your potential (maybe before you even did).	11 A failure that turned out to be a positive thing in the end.	12 A time you're happy you trusted your intuition.	13 A movie that inspires you.	14 A friend who's been there for you when you needed them.	15 A stranger who surprised you with their kindness.
	16 Something you have that holds great sentimental value.	17 A small habit that led to big changes.	18 An unexpected compliment you've received.	19 Three small things that bring you joy.	20 A funny memory that makes you laugh to this day.	21 Something positive about your life that you didn't believe would happen	22 A personal dream you've fulfilled.
	23 A place you get to visit that inspires you.	24 A conversation that made a positive impact in your life.	25 Something about life you appreciate now that you didn't before.	26 Three things you're most grateful for today.	27 Something positive you read or saw in the news this year.	28 Things you're grateful you learned this month.	29 Your favorite things about this summer.