



14 Days of Gratitude

A gentle practice for noticing the good

Pause. Reflect. Begin again whenever you need.

DISCOVER • CONNECT • THRIVE

Welcome to your gratitude practice

Gratitude does not ask us to ignore difficult days. It invites us to notice that even within them, something meaningful, comforting, or hopeful may still be present.

Over the next 14 entries, you will explore the people, places, strengths, and everyday moments that add goodness to your life. Begin on any date. Skip a day if you need to. Return without judgment.

A simple daily rhythm

- 1 Set aside five quiet minutes.
- 2 Write honestly—one sentence is enough.
- 3 Be specific whenever you can.
- 4 End by noticing how you feel.

There is no perfect way to be grateful. This journal belongs to you.

DAY 1

DATE

Begin Here

Notice what is already good.

Three things I am grateful for today...

A small moment I want to remember...

Today, I choose to notice...

RIGHT NOW, I FEEL...

DAY 2

DATE

Simple Joys

Let the ordinary feel special.

Something simple that made life better...

A sight, sound, scent, taste, or touch I appreciated...

One joy I can make space for tomorrow...

RIGHT NOW, I FEEL...

DAY 3

DATE

People

Celebrate someone who adds light.

Someone I am grateful for and why...

A kindness I received or witnessed...

A person I would like to thank...

RIGHT NOW, I FEEL...

DAY 4

DATE

Your Strength

Honor what has carried you.

A strength I am grateful to have...

Something difficult I have made it through...

One encouraging thing I can tell myself...

RIGHT NOW, I FEEL...

DAY 5

DATE

Home

Appreciate the places that hold you.

Something comforting about where I live...

A place where I feel at ease...

One way I can bring warmth to my space...

RIGHT NOW, I FEEL...

DAY 6

DATE

Nature

Look for beauty close by.

Something in nature that caught my attention...

A season, landscape, or weather moment I appreciate...

One way I can spend time outside soon...

RIGHT NOW, I FEEL...

DAY 7

DATE

The Week Behind You

Gather the good from your first week.

The brightest moment of this week...

Something unexpected I am grateful for...

A gratitude practice I want to carry forward...

RIGHT NOW, I FEEL...

WEEK 1 REFLECTION

Pause and gather the good

Look back without grading yourself. Simply notice.

The moment that stands out most...

A pattern in what I appreciated...

Something I want to remember...

DAY 8

DATE

Your Body

Thank your body for what it does.

Something my body allowed me to do today...

A part of my health or well-being I appreciate...

One gentle way I can care for myself...

RIGHT NOW, I FEEL...

DAY 9

DATE

Growth

Notice how far you have come.

Something I know now that I once had to learn...

A recent sign of progress...

An experience that helped me grow...

RIGHT NOW, I FEEL...

DAY 10

DATE

Connection

Remember where you belong.

A conversation or connection I appreciated...

A community that makes me feel welcome...

One way I can reach out to someone...

RIGHT NOW, I FEEL...

DAY 11

DATE

Comfort

Recognize what helps you feel safe.

Something that brought me comfort today...

A familiar ritual or routine I appreciate...

What I need more of right now...

RIGHT NOW, I FEEL...

DAY 12

DATE

Possibility

Make room for hopeful anticipation.

Something I am looking forward to...

An opportunity I am grateful to have...

A possibility I would like to welcome...

RIGHT NOW, I FEEL...

DAY 13

DATE

Giving Back

Notice the joy of contributing.

A way I was able to help, share, or encourage...

A cause or person I feel grateful to support...

One small act of kindness I can offer...

RIGHT NOW, I FEEL...

DAY 14

DATE

Carry It Forward

Let gratitude become a way of seeing.

What I appreciate most in this moment...

What these 14 days have helped me notice...

The gratitude habit I want to continue...

RIGHT NOW, I FEEL...

WEEK 2 REFLECTION

Notice what has changed

Look back without grading yourself. Simply notice.

Something I notice more readily now...

A shift in my mood, attention, or perspective...

How I want gratitude to fit into my life...

A grateful way forward

You completed 14 days of pausing long enough to notice. Let this be a beginning, not an ending.

The three things I most want to carry with me...

A gratitude ritual that feels realistic for me...

A note to my future self...

There is always something worth noticing.

More to be grateful for

Use this space for anything else you want to hold onto.