

monday Today I am grateful for...

- 1.
- 2.
- 3.

friday

tuesday

saturday

wednesday

sunday

thursday

# Gratitude

The Lord is my strength and  
 my shield; my heart trusts  
 in him and I am helped.  
 My heart leaps for joy and I  
 give thanks to him in song.  
 Psalm 28:7

# JOURNAL

gratitude tracker

Colour a stripe of the rainbow each  
 day you fill in your gratitude journal!

Prayer List

