7 Days of Mindful Gratitude

A short journal for noticing what matters in your everyday life.

Gratitude does not require a perfect day. You can appreciate a small moment of comfort while also acknowledging that something is difficult.

Over the next seven days, use these prompts to notice specific people, experiences and ordinary details you value. You do not need to force a positive feeling or write something impressive.

How to use your journal

1. Make a little space

Set aside around five minutes, whenever it suits your day.

2. Be specific

Write what happened and why it mattered to you. Small details count.

3. Keep it honest

Mixed feelings are welcome. Skip a prompt or adapt it if you need to.

4. Return without pressure

If you miss a day, simply continue when you can.

A SMALL EXAMPLE

“A friend checked in after a busy day. I appreciated having someone listen without rushing me.”

Start date: _____

Your daily gratitude practice

Days 1 and 2 / Write a few honest lines. Small moments count.

DAY 1

Date: _____

Notice something ordinary

What small, everyday moment did you appreciate today?

Notice a sound, a taste, a familiar place or a moment of comfort.

Why did this moment matter to me?

DAY 2

Date: _____

Appreciate a person

Who made your day a little easier or more meaningful?

Name what they did, rather than only listing their name.

How might I acknowledge their kindness, if I choose to?

Your daily gratitude practice

Days 3 and 4 / Write a few honest lines. Small moments count.

DAY 3 Date: _____

Recognise your own effort

What did you do today that deserves acknowledgement?

It might be trying again, resting, asking for help or keeping a promise.

What quality or value did this effort reflect?

DAY 4 Date: _____

Notice what supports you

What part of your surroundings or routine supported you today?

Consider a useful tool, a quiet space, a meal or a familiar routine.

How could I make room for this support again?

Your daily gratitude practice

Days 5 and 6 / Write a few honest lines. Small moments count.

DAY 5

Date: _____

Receive a small kindness

What act of kindness or care have you noticed recently?

It can be something you received, witnessed or offered yourself.

What did it mean to me, and what kindness could I offer?

DAY 6

Date: _____

Make room for mixed feelings

What was difficult today, and what offered a little comfort?

You do not have to be grateful for the difficulty itself.

What helped, even slightly, or what support would I welcome?

Reflect and carry it forward

Day 7 / Notice what you want to take into the week ahead.

DAY 7

Date: _____

Carry something forward

Which moment from this week would you like to remember?

Choose one detail, person or experience you want to keep noticing.

What small gratitude practice would I like to continue?

A gentle review of the week

What did I notice that I might usually overlook?

Which prompt felt useful, and which would I adapt?

One small practice I will try next week:

There is no perfect gratitude practice. Make this one your own.