

# Infinite Health Integrative Medicine Center

*~ Medicine for the body, mind & soul*

## 14 Day Gratitude Journal

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# Instructions:

Every day for the next two weeks take the time, either first thing in the morning, or last thing in the evening, to write out at least 10 things that you are SO thankful and grateful for. Also, take a moment to really get into the FEELING of WHY you are so thankful and grateful for each item, and record that as well.

# DAY ONE:

1 - I am so thankful and grateful for \_\_\_\_\_  
\_\_\_\_\_  
because \_\_\_\_\_  
\_\_\_\_\_

2 - I am so thankful and grateful for \_\_\_\_\_  
\_\_\_\_\_  
because \_\_\_\_\_  
\_\_\_\_\_

3 - I am so thankful and grateful for \_\_\_\_\_  
\_\_\_\_\_  
because \_\_\_\_\_  
\_\_\_\_\_

4 - I am so thankful and grateful for \_\_\_\_\_  
\_\_\_\_\_  
because \_\_\_\_\_  
\_\_\_\_\_

5 - I am so thankful and grateful for \_\_\_\_\_  
\_\_\_\_\_  
because \_\_\_\_\_  
\_\_\_\_\_

6 - I am so thankful and grateful for \_\_\_\_\_  
\_\_\_\_\_  
because \_\_\_\_\_  
\_\_\_\_\_

7 - I am so thankful and grateful for \_\_\_\_\_  
\_\_\_\_\_  
because \_\_\_\_\_  
\_\_\_\_\_

# DAY ONE:

8 - I am so thankful and grateful for \_\_\_\_\_  
\_\_\_\_\_

because \_\_\_\_\_  
\_\_\_\_\_

9 - I am so thankful and grateful for \_\_\_\_\_  
\_\_\_\_\_

because \_\_\_\_\_  
\_\_\_\_\_

10 - I am so thankful and grateful for \_\_\_\_\_  
\_\_\_\_\_

because \_\_\_\_\_  
\_\_\_\_\_



# DAY TWO

1 - I am so thankful and grateful for \_\_\_\_\_  
\_\_\_\_\_

because \_\_\_\_\_  
\_\_\_\_\_

2 - I am so thankful and grateful for \_\_\_\_\_  
\_\_\_\_\_

because \_\_\_\_\_  
\_\_\_\_\_

3 - I am so thankful and grateful for \_\_\_\_\_  
\_\_\_\_\_

because \_\_\_\_\_  
\_\_\_\_\_

# DAY TWO:

4 - I am so thankful and grateful for \_\_\_\_\_  
\_\_\_\_\_  
because \_\_\_\_\_  
\_\_\_\_\_

5 - I am so thankful and grateful for \_\_\_\_\_  
\_\_\_\_\_  
because \_\_\_\_\_  
\_\_\_\_\_

6 - I am so thankful and grateful for \_\_\_\_\_  
\_\_\_\_\_  
because \_\_\_\_\_  
\_\_\_\_\_

7 - I am so thankful and grateful for \_\_\_\_\_  
\_\_\_\_\_  
because \_\_\_\_\_  
\_\_\_\_\_

8 - I am so thankful and grateful for \_\_\_\_\_  
\_\_\_\_\_  
because \_\_\_\_\_  
\_\_\_\_\_

9 - I am so thankful and grateful for \_\_\_\_\_  
\_\_\_\_\_  
because \_\_\_\_\_  
\_\_\_\_\_

10 - I am so thankful and grateful for \_\_\_\_\_  
\_\_\_\_\_  
because \_\_\_\_\_  
\_\_\_\_\_



# DAY THREE:

1 - I am so thankful and grateful for \_\_\_\_\_  
\_\_\_\_\_  
because \_\_\_\_\_  
\_\_\_\_\_

2 - I am so thankful and grateful for \_\_\_\_\_  
\_\_\_\_\_  
because \_\_\_\_\_  
\_\_\_\_\_

3 - I am so thankful and grateful for \_\_\_\_\_  
\_\_\_\_\_  
because \_\_\_\_\_  
\_\_\_\_\_

4 - I am so thankful and grateful for \_\_\_\_\_  
\_\_\_\_\_  
because \_\_\_\_\_  
\_\_\_\_\_

5 - I am so thankful and grateful for \_\_\_\_\_  
\_\_\_\_\_  
because \_\_\_\_\_  
\_\_\_\_\_

6 - I am so thankful and grateful for \_\_\_\_\_  
\_\_\_\_\_  
because \_\_\_\_\_  
\_\_\_\_\_

7 - I am so thankful and grateful for \_\_\_\_\_  
\_\_\_\_\_  
because \_\_\_\_\_  
\_\_\_\_\_

# DAY THREE:

8 - I am so thankful and grateful for \_\_\_\_\_  
\_\_\_\_\_ because \_\_\_\_\_  
\_\_\_\_\_

9 - I am so thankful and grateful for \_\_\_\_\_  
\_\_\_\_\_ because \_\_\_\_\_  
\_\_\_\_\_

10 - I am so thankful and grateful for \_\_\_\_\_  
\_\_\_\_\_ because \_\_\_\_\_  
\_\_\_\_\_



# DAY FOUR

1 - I am so thankful and grateful for\_\_\_\_\_

\_\_\_\_\_

because \_\_\_\_\_

\_\_\_\_\_

2 - I am so thankful and grateful for\_\_\_\_\_

\_\_\_\_\_

because\_\_\_\_\_

\_\_\_\_\_

3 - I am so thankful and grateful for\_\_\_\_\_

\_\_\_\_\_

because\_\_\_\_\_

\_\_\_\_\_

4 - I am so thankful and grateful  
for\_\_\_\_\_

\_\_\_\_\_

because \_\_\_\_\_

\_\_\_\_\_

5 - I am so thankful and grateful for\_\_\_\_\_

\_\_\_\_\_

because\_\_\_\_\_

\_\_\_\_\_

6 - I am so thankful and grateful for\_\_\_\_\_

\_\_\_\_\_

because\_\_\_\_\_

\_\_\_\_\_

7 - I am so thankful and grateful for\_\_\_\_\_

\_\_\_\_\_

because\_\_\_\_\_

\_\_\_\_\_

# DAY FOUR

8 - I am so thankful and grateful  
for\_\_\_\_\_

because \_\_\_\_\_

9 - I am so thankful and grateful for\_\_\_\_\_

because\_\_\_\_\_

10 - I am so thankful and grateful for\_\_\_\_\_

because\_\_\_\_\_



# DAY FIVE

1 - I am so thankful and grateful for\_\_\_\_\_

because \_\_\_\_\_

2 - I am so thankful and grateful for\_\_\_\_\_

because\_\_\_\_\_

3 - I am so thankful and grateful for\_\_\_\_\_

because\_\_\_\_\_

# DAY FIVE

4 - I am so thankful and grateful  
for\_\_\_\_\_

because \_\_\_\_\_

5 - I am so thankful and grateful for\_\_\_\_\_

because\_\_\_\_\_

6 - I am so thankful and grateful for\_\_\_\_\_

because\_\_\_\_\_

7 - I am so thankful and grateful for\_\_\_\_\_

because \_\_\_\_\_

8 - I am so thankful and grateful for\_\_\_\_\_

because\_\_\_\_\_

9- I am so thankful and grateful for\_\_\_\_\_

because\_\_\_\_\_

10- I am so thankful and grateful for\_\_\_\_\_

because\_\_\_\_\_



# DAY SIX

1 - I am so thankful and grateful for\_\_\_\_\_

\_\_\_\_\_

because \_\_\_\_\_

\_\_\_\_\_

2 - I am so thankful and grateful for\_\_\_\_\_

\_\_\_\_\_

because\_\_\_\_\_

\_\_\_\_\_

3 - I am so thankful and grateful for\_\_\_\_\_

\_\_\_\_\_

because\_\_\_\_\_

\_\_\_\_\_

4 - I am so thankful and grateful for\_\_\_\_\_

\_\_\_\_\_

because \_\_\_\_\_

\_\_\_\_\_

5 - I am so thankful and grateful for\_\_\_\_\_

\_\_\_\_\_

because\_\_\_\_\_

\_\_\_\_\_

6- I am so thankful and grateful for\_\_\_\_\_

\_\_\_\_\_

because\_\_\_\_\_

\_\_\_\_\_

7- I am so thankful and grateful for\_\_\_\_\_

\_\_\_\_\_

because\_\_\_\_\_

\_\_\_\_\_



# DAY SIX

8 - I am so thankful and grateful for\_\_\_\_\_

because \_\_\_\_\_

9 - I am so thankful and grateful for\_\_\_\_\_

because\_\_\_\_\_

10 - I am so thankful and grateful for\_\_\_\_\_

because\_\_\_\_\_



# DAY SEVEN

1 - I am so thankful and grateful for\_\_\_\_\_

\_\_\_\_\_

because \_\_\_\_\_

\_\_\_\_\_

2 - I am so thankful and grateful for\_\_\_\_\_

\_\_\_\_\_

because\_\_\_\_\_

\_\_\_\_\_

3 - I am so thankful and grateful for\_\_\_\_\_

\_\_\_\_\_

because\_\_\_\_\_

\_\_\_\_\_

4 - I am so thankful and grateful for\_\_\_\_\_

\_\_\_\_\_

because \_\_\_\_\_

\_\_\_\_\_

5 - I am so thankful and grateful for\_\_\_\_\_

\_\_\_\_\_

because\_\_\_\_\_

\_\_\_\_\_

6 - I am so thankful and grateful for\_\_\_\_\_

\_\_\_\_\_

because\_\_\_\_\_

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7 - I am so thankful and grateful for\_\_\_\_\_

\_\_\_\_\_

because\_\_\_\_\_

\_\_\_\_\_

# DAY SEVEN

8 - I am so thankful and grateful for\_\_\_\_\_

because \_\_\_\_\_

9 - I am so thankful and grateful for\_\_\_\_\_

because\_\_\_\_\_

10 - I am so thankful and grateful for\_\_\_\_\_

because\_\_\_\_\_



# DAY EIGHT

1 - I am so thankful and grateful for\_\_\_\_\_

because \_\_\_\_\_

2 - I am so thankful and grateful for\_\_\_\_\_

because\_\_\_\_\_

3 - I am so thankful and grateful for\_\_\_\_\_

because\_\_\_\_\_

# DAY EIGHT

4 - I am so thankful and grateful for\_\_\_\_\_

\_\_\_\_\_

because \_\_\_\_\_

\_\_\_\_\_

5 - I am so thankful and grateful for\_\_\_\_\_

\_\_\_\_\_

because\_\_\_\_\_

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6 - I am so thankful and grateful for\_\_\_\_\_

\_\_\_\_\_

because\_\_\_\_\_

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7 - I am so thankful and grateful for\_\_\_\_\_

\_\_\_\_\_

because \_\_\_\_\_

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8 - I am so thankful and grateful for\_\_\_\_\_

\_\_\_\_\_

because\_\_\_\_\_

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9 - I am so thankful and grateful for\_\_\_\_\_

\_\_\_\_\_

because\_\_\_\_\_

\_\_\_\_\_

10 - I am so thankful and grateful for\_\_\_\_\_

\_\_\_\_\_

because\_\_\_\_\_

\_\_\_\_\_



# DAY NINE

1 - I am so thankful and grateful for\_\_\_\_\_

\_\_\_\_\_

because \_\_\_\_\_

\_\_\_\_\_

2 - I am so thankful and grateful for\_\_\_\_\_

\_\_\_\_\_

because\_\_\_\_\_

\_\_\_\_\_

3 - I am so thankful and grateful for\_\_\_\_\_

\_\_\_\_\_

because\_\_\_\_\_

\_\_\_\_\_

4 - I am so thankful and grateful for\_\_\_\_\_

\_\_\_\_\_

because \_\_\_\_\_

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5 - I am so thankful and grateful for\_\_\_\_\_

\_\_\_\_\_

because\_\_\_\_\_

\_\_\_\_\_

6 - I am so thankful and grateful for\_\_\_\_\_

\_\_\_\_\_

because\_\_\_\_\_

\_\_\_\_\_

7 - I am so thankful and grateful for\_\_\_\_\_

\_\_\_\_\_

because\_\_\_\_\_

\_\_\_\_\_

# DAY NINE

8 - I am so thankful and grateful for\_\_\_\_\_

because \_\_\_\_\_

9 - I am so thankful and grateful for\_\_\_\_\_

because\_\_\_\_\_

10 - I am so thankful and grateful for\_\_\_\_\_

because\_\_\_\_\_



# DAY TEN

1 - I am so thankful and grateful for\_\_\_\_\_

because \_\_\_\_\_

2 - I am so thankful and grateful for\_\_\_\_\_

because\_\_\_\_\_

3 - I am so thankful and grateful for\_\_\_\_\_

because\_\_\_\_\_

# DAY TEN

4 - I am so thankful and grateful for\_\_\_\_\_

because\_\_\_\_\_

5 - I am so thankful and grateful for\_\_\_\_\_

because \_\_\_\_\_

6 - I am so thankful and grateful for\_\_\_\_\_

because\_\_\_\_\_

7 - I am so thankful and grateful for\_\_\_\_\_

because\_\_\_\_\_

8 - I am so thankful and grateful for\_\_\_\_\_

because \_\_\_\_\_

9 - I am so thankful and grateful for\_\_\_\_\_

because\_\_\_\_\_

10 - I am so thankful and grateful for\_\_\_\_\_

because\_\_\_\_\_



# DAY ELEVEN

1 - I am so thankful and grateful for\_\_\_\_\_

\_\_\_\_\_

because \_\_\_\_\_

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2 - I am so thankful and grateful for\_\_\_\_\_

\_\_\_\_\_

because\_\_\_\_\_

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3 - I am so thankful and grateful for\_\_\_\_\_

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because\_\_\_\_\_

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4 - I am so thankful and grateful for\_\_\_\_\_

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because \_\_\_\_\_

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5 - I am so thankful and grateful for\_\_\_\_\_

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because\_\_\_\_\_

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6 - I am so thankful and grateful for\_\_\_\_\_

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because\_\_\_\_\_

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7 - I am so thankful and grateful for\_\_\_\_\_

\_\_\_\_\_

because\_\_\_\_\_

\_\_\_\_\_

# DAY ELEVEN

8 - I am so thankful and grateful for\_\_\_\_\_

\_\_\_\_\_

because \_\_\_\_\_

\_\_\_\_\_

9 - I am so thankful and grateful for\_\_\_\_\_

\_\_\_\_\_

because\_\_\_\_\_

\_\_\_\_\_

10 - I am so thankful and grateful for\_\_\_\_\_

\_\_\_\_\_

because\_\_\_\_\_

\_\_\_\_\_



# DAY TWELVE

1 - I am so thankful and grateful for\_\_\_\_\_

\_\_\_\_\_

because \_\_\_\_\_

\_\_\_\_\_

2 - I am so thankful and grateful for\_\_\_\_\_

\_\_\_\_\_

because\_\_\_\_\_

\_\_\_\_\_

3 - I am so thankful and grateful for\_\_\_\_\_

\_\_\_\_\_

because\_\_\_\_\_

\_\_\_\_\_

4 - I am so thankful and grateful  
for\_\_\_\_\_

\_\_\_\_\_

because\_\_\_\_\_

\_\_\_\_\_

# DAY TWELVE

5 - I am so thankful and grateful for\_\_\_\_\_

\_\_\_\_\_

because \_\_\_\_\_

\_\_\_\_\_

6 - I am so thankful and grateful for\_\_\_\_\_

\_\_\_\_\_

because\_\_\_\_\_

\_\_\_\_\_

7 - I am so thankful and grateful for\_\_\_\_\_

\_\_\_\_\_

because\_\_\_\_\_

\_\_\_\_\_

8 - I am so thankful and grateful for\_\_\_\_\_

\_\_\_\_\_

because \_\_\_\_\_

\_\_\_\_\_

9 - I am so thankful and grateful for\_\_\_\_\_

\_\_\_\_\_

because\_\_\_\_\_

\_\_\_\_\_

10 - I am so thankful and grateful for\_\_\_\_\_

\_\_\_\_\_

because\_\_\_\_\_

\_\_\_\_\_



*"God gave you the gift of 86,400 seconds today. Have you used one to say thank you?"*

*~ William A. Ward*

# DAY THIRTEEN

1 - I am so thankful and grateful for\_\_\_\_\_

\_\_\_\_\_

because \_\_\_\_\_

\_\_\_\_\_

2 - I am so thankful and grateful for\_\_\_\_\_

\_\_\_\_\_

because\_\_\_\_\_

\_\_\_\_\_

3 - I am so thankful and grateful for\_\_\_\_\_

\_\_\_\_\_

because\_\_\_\_\_

\_\_\_\_\_

4 - I am so thankful and grateful for\_\_\_\_\_

\_\_\_\_\_

because \_\_\_\_\_

\_\_\_\_\_

5 - I am so thankful and grateful for\_\_\_\_\_

\_\_\_\_\_

because\_\_\_\_\_

\_\_\_\_\_

6 - I am so thankful and grateful for\_\_\_\_\_

\_\_\_\_\_

because\_\_\_\_\_

\_\_\_\_\_

7 - I am so thankful and grateful for\_\_\_\_\_

\_\_\_\_\_

because\_\_\_\_\_

\_\_\_\_\_

# DAY THIRTEEN

8 - I am so thankful and grateful for\_\_\_\_\_

\_\_\_\_\_

because \_\_\_\_\_

\_\_\_\_\_

9 - I am so thankful and grateful for\_\_\_\_\_

\_\_\_\_\_

because\_\_\_\_\_

\_\_\_\_\_

10 - I am so thankful and grateful for\_\_\_\_\_

\_\_\_\_\_

because\_\_\_\_\_

\_\_\_\_\_



*"I have always been delighted at  
the prospect of a new day, a fresh  
try, one more start, with perhaps a  
bit of magic waiting somewhere  
behind the morning."*

*~ J.B. Priestley*

# DAY FOURTEEN

1 - I am so thankful and grateful for\_\_\_\_\_

\_\_\_\_\_

because\_\_\_\_\_

\_\_\_\_\_

2 - I am so thankful and grateful for\_\_\_\_\_

\_\_\_\_\_

because\_\_\_\_\_

\_\_\_\_\_

3 - I am so thankful and grateful for\_\_\_\_\_

\_\_\_\_\_

because\_\_\_\_\_

\_\_\_\_\_

4 - I am so thankful and grateful for\_\_\_\_\_

\_\_\_\_\_

because\_\_\_\_\_

\_\_\_\_\_

5 - I am so thankful and grateful for\_\_\_\_\_

\_\_\_\_\_

because\_\_\_\_\_

\_\_\_\_\_

6 - I am so thankful and grateful for\_\_\_\_\_

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because\_\_\_\_\_

\_\_\_\_\_

7 - I am so thankful and grateful for\_\_\_\_\_

\_\_\_\_\_

because\_\_\_\_\_

\_\_\_\_\_

# DAY FOURTEEN

8 - I am so thankful and grateful for\_\_\_\_\_

\_\_\_\_\_

because\_\_\_\_\_

\_\_\_\_\_

9 - I am so thankful and grateful for\_\_\_\_\_

\_\_\_\_\_

because\_\_\_\_\_

\_\_\_\_\_

10 - I am so thankful and grateful for\_\_\_\_\_

\_\_\_\_\_

because\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## CONGRATULATIONS!

*You have completed your first two weeks  
of consciously focusing your thoughts  
towards that which you are so thankful  
and grateful for!*

*Keep it up! Continue this practice every  
day for the next 14 days and before you  
know you it, being in a consistent state  
of thanksgiving and gratitude will be not  
what you do, but will be simply  
who you are.*