



Gratitude Journal Printable Pages

NINE PAGES TO PRINT AT HOME

A week to a page, a month to a page, a month in review,
twenty-four cut-out prompt cards and an open gratitude list.

Print at 100% on A4. Turn Fit to Page off.



artsydee.com

Seven days, three lines each

Three lines is a whole entry. On a thin day one is fine — leave the rest empty on purpose.

Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	

One line a day

Month		Year	
1		17	
2		18	
3		19	
4		20	
5		21	
6		22	
7		23	
8		24	
9		25	
10		26	
11		27	
12		28	
13		29	
14		30	
15		31	
16			

A month in review

1. The best hour of this month, described in five lines

2. Someone who made this month easier, and exactly how

3. Something I made, finished or mended

4. A thing I worried about that came to nothing

5. What I want to carry into next month

6. One line I would like to remember in a year

Prompt cards to cut out

01



What made you pause today, even for a second?

02



What went right that you had nothing to do with?

03



What did you eat today that you actually tasted?

04



Who made your day easier without being asked?

05



Which five minutes of today were entirely yours?

06



Who replied to you quickly this week when they did not have to?

07



Which friendship survives on the least effort and still holds?

08



Which stranger's kindness do you still remember years later?

Prompt cards to cut out

09



What has someone in your family always done for you that you have never thanked them for?

10



Which chair in your home is the good chair, and what makes it good?

11



Which mug do you reach for first, and where did it come from?

12



Which corner of your home do you tidy when you want to feel better?

13



What is the warmest thing you own?

14



Which ache has quietly gone away since last month?

15



Which colour have you seen most often this week, and did you like it?

16



When did you last laugh until it was difficult to stop?

Prompt cards to cut out

17



What did you make this month,
however small or wonky?

18



Which art supply are you glad you
own, even though you rarely reach for
it?

19



Whose work have you seen lately that
sent you off to make something?

20



What did a mistake in a sketchbook
teach you this year?

21



What small thing made a hard day
slightly less hard?

22



Who let you be quiet without asking
why?

23



What did this year give you that you
never asked for?

24



Which version of you would be most
surprised by where you are now?

The gratitude list

No dates, no structure. Add a line whenever one turns up and fill the page slowly.











































THANK YOU

Where the rest of my printable pages live

Thank you for printing these. If they get used, that is the whole point — a gratitude page only works when it is somewhere you can reach it.

If you like making paper things, the Artsydee Creations Club is where my printable kits live — a new junk journal kit every month, plus the journalling pages, tags, pockets and ephemera that go with it.

The Artsydee Creations Club

artsydee.com/artsydee-creation-club

Printing notes: print at 100% on A4 and turn Fit to Page off, or the cut lines on the card pages will not line up. Ordinary printer paper is fine for the daily pages; the prompt cards hold up better on 160gsm or card.

