

Dreamline Gratitude & You

NAME

SEASON

DATE

MOOD

Today, I'm thankful for...

*(Let yourself notice even the smallest joys -
a deep breath, warm tea, or a kind word)*

**A person who made my day
brighter is...**

*(Reflect on someone who brought light to
your life, and why that mattered)*

**A recent challenge that
taught me something is...**

*(Gratitude lives in growth. What did you
learn from discomfort?)*

**One thing I often take for
granted but appreciate now is...**

*(Bring awareness to something that quietly
supports your life)*

**A memory that still makes me
smile is...**

*(Let yourself revisit a joyful moment - big or
small - and savor it again)*

A gentle reminder: gratitude isn't
about big wins - it's about notice
the small, quiet moments that make
you feel alive. Let this page be a
space to reconnect with what's
already good.