MINDMERGE WELLNESS

A gratitude journal entry

One prompt. A few details. Leave any field blank when you need to.

Date: _____

Chosen prompt or prompt number:

One thing I appreciated:

A specific detail I want to remember:

Why it mattered to me:

Something else I want to acknowledge (optional):

A thank-you or action I would like to take (optional):

A short entry is enough. You can appreciate one thing while acknowledging that other parts of the day were difficult.