



DAILY MOTIVATION

GRATITUDE JOURNAL

NAME :



MDAM
MOOD DISORDERS
ASSOCIATION OF MANITOBA

*Helping People
Help Themselves*

This Gratitude Journal was created as part of MDAM's Mental Health Week Toolkit.

To learn more and to download other parts of the Toolkit, please visit our website at www.moodmb.ca or scan the QR Code below.



MDAM
MOOD DISORDERS
ASSOCIATION OF MANITOBA

*Helping People
Help Themselves*



DAILY Journal

Title: _____

Date: _____

Mood/Emotion Tracker



😞 VERY SAD



VERY HAPPY 😊

Space for Creativity (DOODLES, ILLUSTRATION, TEXT, ETC)

Things that I am grateful for:

My Goals and Intention:

Reflections:

What I accomplished today:



DAILY Journal

Title: _____

Date: _____

Mood/Emotion Tracker



😞 VERY SAD



VERY HAPPY 😊

Space for Creativity (DOODLES, ILLUSTRATION, TEXT, ETC)

Things that I am grateful for:

My Goals and Intention:

Reflections:

What I accomplished today:



DAILY Journal

Title: _____

Date: _____

Mood/Emotion Tracker



😞 VERY SAD



VERY HAPPY 😊

Space for Creativity

(DOODLES, ILLUSTRATION, TEXT, ETC)

Things that I am grateful for:

My Goals and Intention:

Reflections:

What I accomplished today:



DAILY Journal

Title: _____

Date: _____

Mood/Emotion Tracker



😞 VERY SAD



VERY HAPPY 😊

Space for Creativity (DOODLES, ILLUSTRATION, TEXT, ETC)

Things that I am grateful for:

My Goals and Intention:

Reflections:

What I accomplished today:



DAILY Journal

Title: _____

Date: _____

Mood/Emotion Tracker



😞 VERY SAD



VERY HAPPY 😊

Space for Creativity (DOODLES, ILLUSTRATION, TEXT, ETC)

Things that I am grateful for:

My Goals and Intention:

Reflections:

What I accomplished today:



DAILY Journal

Title: _____

Date: _____

Mood/Emotion Tracker



😞 VERY SAD



VERY HAPPY 😊

Space for Creativity (DOODLES, ILLUSTRATION, TEXT, ETC)

Things that I am grateful for:

My Goals and Intention:

Reflections:

What I accomplished today:



DAILY Journal

Title: _____

Date: _____

Mood/Emotion Tracker



😞 VERY SAD



VERY HAPPY 😊

Space for Creativity

(DOODLES, ILLUSTRATION, TEXT, ETC)

Things that I am grateful for:

My Goals and Intention:

Reflections:

What I accomplished today:



DAILY Journal

Title: _____

Date: _____

Mood/Emotion Tracker



😞 VERY SAD



VERY HAPPY 😊

Space for Creativity

(DOODLES, ILLUSTRATION, TEXT, ETC)

Things that I am grateful for:

My Goals and Intention:

Reflections:

What I accomplished today:



DAILY Journal

Title: _____

Date: _____

Mood/Emotion Tracker



😞 VERY SAD



VERY HAPPY 😊

Space for Creativity (DOODLES, ILLUSTRATION, TEXT, ETC)

Things that I am grateful for:

My Goals and Intention:

Reflections:

What I accomplished today:



DAILY Journal

Title: _____

Date: _____

Mood/Emotion Tracker



😞 VERY SAD



VERY HAPPY 😊

Space for Creativity (DOODLES, ILLUSTRATION, TEXT, ETC)

Things that I am grateful for:

My Goals and Intention:

Reflections:

What I accomplished today:



DAILY Journal

Title: _____

Date: _____

Mood/Emotion Tracker



😞 VERY SAD



VERY HAPPY 😊

Space for Creativity

(DOODLES, ILLUSTRATION, TEXT, ETC)

Things that I am grateful for:

My Goals and Intention:

Reflections:

What I accomplished today:



DAILY Journal

Title: _____

Date: _____

Mood/Emotion Tracker



😞 VERY SAD



VERY HAPPY 😊

Space for Creativity (DOODLES, ILLUSTRATION, TEXT, ETC)

Things that I am grateful for:

My Goals and Intention:

Reflections:

What I accomplished today:



DAILY Journal

Title: _____

Date: _____

Mood/Emotion Tracker



😞 VERY SAD



VERY HAPPY 😊

Space for Creativity (DOODLES, ILLUSTRATION, TEXT, ETC)

Things that I am grateful for:

My Goals and Intention:

Reflections:

What I accomplished today:



DAILY Journal

Title: _____

Date: _____

Mood/Emotion Tracker



😞 VERY SAD



VERY HAPPY 😊

Space for Creativity (DOODLES, ILLUSTRATION, TEXT, ETC)

Things that I am grateful for:

My Goals and Intention:

Reflections:

What I accomplished today:



DAILY Journal

Title: _____

Date: _____

Mood/Emotion Tracker



😞 VERY SAD



VERY HAPPY 😊

Space for Creativity (DOODLES, ILLUSTRATION, TEXT, ETC)

Things that I am grateful for:

My Goals and Intention:

Reflections:

What I accomplished today:



DAILY Journal

Title: _____

Date: _____

Mood/Emotion Tracker



😞 VERY SAD



VERY HAPPY 😊

Space for Creativity

(DOODLES, ILLUSTRATION, TEXT, ETC)

Things that I am grateful for:

My Goals and Intention:

Reflections:

What I accomplished today:



DAILY Journal

Title: _____

Date: _____

Mood/Emotion Tracker



😞 VERY SAD



VERY HAPPY 😊

Space for Creativity (DOODLES, ILLUSTRATION, TEXT, ETC)

Things that I am grateful for:

My Goals and Intention:

Reflections:

What I accomplished today:



DAILY Journal

Title: _____

Date: _____

Mood/Emotion Tracker



😞 VERY SAD



VERY HAPPY 😊

Space for Creativity

(DOODLES, ILLUSTRATION, TEXT, ETC)

Things that I am grateful for:

My Goals and Intention:

Reflections:

What I accomplished today:



DAILY Journal

Title: _____

Date: _____

Mood/Emotion Tracker



😞 VERY SAD



VERY HAPPY 😊

Space for Creativity

(DOODLES, ILLUSTRATION, TEXT, ETC)

Things that I am grateful for:

My Goals and Intention:

Reflections:

What I accomplished today:



DAILY Journal

Title: _____

Date: _____

Mood/Emotion Tracker



😞 VERY SAD



VERY HAPPY 😊

Space for Creativity (DOODLES, ILLUSTRATION, TEXT, ETC)

Things that I am grateful for:

My Goals and Intention:

Reflections:

What I accomplished today:



DAILY Journal

Title: _____

Date: _____

Mood/Emotion Tracker



😞 VERY SAD



VERY HAPPY 😊

Space for Creativity

(DOODLES, ILLUSTRATION, TEXT, ETC)

Things that I am grateful for:

My Goals and Intention:

Reflections:

What I accomplished today:



DAILY Journal

Title: _____

Date: _____

Mood/Emotion Tracker



😞 VERY SAD



VERY HAPPY 😊

Space for Creativity (DOODLES, ILLUSTRATION, TEXT, ETC)

Things that I am grateful for:

My Goals and Intention:

Reflections:

What I accomplished today:



DAILY Journal

Title: _____

Date: _____

Mood/Emotion Tracker



😞 VERY SAD



VERY HAPPY 😊

Space for Creativity (DOODLES, ILLUSTRATION, TEXT, ETC)

Things that I am grateful for:

My Goals and Intention:

Reflections:

What I accomplished today:



DAILY Journal

Title: _____

Date: _____

Mood/Emotion Tracker



😞 VERY SAD



VERY HAPPY 😊

Things that I am grateful for:

My Goals and Intention:

Reflections:

What I accomplished today:

Space for Creativity

(DOODLES, ILLUSTRATION, TEXT, ETC)



DAILY Journal

Title: _____

Date: _____

Mood/Emotion Tracker



😞 VERY SAD



VERY HAPPY 😊

Space for Creativity

(DOODLES, ILLUSTRATION, TEXT, ETC)

Things that I am grateful for:

My Goals and Intention:

Reflections:

What I accomplished today:



DAILY Journal

Title: _____

Date: _____

Mood/Emotion Tracker



😞 VERY SAD



VERY HAPPY 😊

Space for Creativity

(DOODLES, ILLUSTRATION, TEXT, ETC)

Things that I am grateful for:

My Goals and Intention:

Reflections:

What I accomplished today:



DAILY Journal

Title: _____

Date: _____

Mood/Emotion Tracker



😞 VERY SAD



VERY HAPPY 😊

Space for Creativity

(DOODLES, ILLUSTRATION, TEXT, ETC)

Things that I am grateful for:

My Goals and Intention:

Reflections:

What I accomplished today:



DAILY Journal

Title: _____

Date: _____

Mood/Emotion Tracker



😞 VERY SAD



VERY HAPPY 😊

Space for Creativity

(DOODLES, ILLUSTRATION, TEXT, ETC)

Things that I am grateful for:

My Goals and Intention:

Reflections:

What I accomplished today:



DAILY Journal

Title: _____

Date: _____

Mood/Emotion Tracker



😞 VERY SAD



VERY HAPPY 😊

Space for Creativity

(DOODLES, ILLUSTRATION, TEXT, ETC)

Things that I am grateful for:

My Goals and Intention:

Reflections:

What I accomplished today:



DAILY Journal

Title: _____

Date: _____

Mood/Emotion Tracker



😞 VERY SAD



VERY HAPPY 😊

Space for Creativity (DOODLES, ILLUSTRATION, TEXT, ETC)

Things that I am grateful for:

My Goals and Intention:

Reflections:

What I accomplished today:



DAILY Journal

Title: _____

Date: _____

Mood/Emotion Tracker



😞 VERY SAD



VERY HAPPY 😊

Space for Creativity (DOODLES, ILLUSTRATION, TEXT, ETC)

Things that I am grateful for:

My Goals and Intention:

Reflections:

What I accomplished today:



DAILY Journal

Title: _____

Date: _____

Mood/Emotion Tracker



😞 VERY SAD



VERY HAPPY 😊

Space for Creativity (DOODLES, ILLUSTRATION, TEXT, ETC)

Things that I am grateful for:

My Goals and Intention:

Reflections:

What I accomplished today:





MDAM
MOOD DISORDERS
ASSOCIATION OF MANITOBA

*Helping People
Help Themselves*