

# Gratitude & Growth Tracker

**Purpose:** To help rewire your mindset toward positivity and resilience by regularly focusing on what's going well, how you're growing, and the mindset you want to nurture.

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## Daily Entry (Use One Page Per Day)

**Date:** \_\_\_\_\_

### 1. Three Things I'm Grateful For Today:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### 2. A Moment That Made Me Smile or Feel at Peace:

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### 3. One Small Way I Grew Today (Emotionally, Mentally, or Physically):

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### 4. Affirmation of the Day (Write or Repeat):

"I am \_\_\_\_\_."

### 5. A Mindset I Choose to Embrace Today:

- ☐ Patience
  - ☐ Courage
  - ☐ Compassion
  - ☐ Letting Go
  - ☐ Optimism
  - ☐ Other: \_\_\_\_\_
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## **Weekly Summary (End of Week Reflection)**

**Week of:** \_\_\_\_\_

### **1. Highlights From This Week:**

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### **2. A Challenge I Handled Well:**

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### **3. What I Learned About Myself:**

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### **4. One Way I Can Support My Growth Next Week:**

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