



The Daily Gratitude Tracker *Grounding your day in focus and gratitude.*

Morning (Start your day with intent)

- **Gratitude:** Write down three things you are genuinely thankful for today (e.g., a quiet morning, a supportive colleague, or a good book).
- **Focus:** What is the one thing I want to achieve today that will make me feel like I've made real progress?

Evening (Reflect and reset)

- **Successes:** What went well today? (No matter how small).
- **Adjustment:** If I could do today over again, is there anything I would handle differently?
- **Connection:** Who did I have a positive interaction with today?