

A DAILY RELATIONSHIP

# GRATITUDE Journal

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KATHRYN GORDON





“By sharing this gratitude practice to connect, communicate, and encourage each other daily, we hope your relationship will grow stronger and more loving, with greater things to look forward to each day! Focus on the good and you will see more of it: together! We are rooting for you! God bless you!”

~ LOVE, KATHRYN AND JON GORDON, RELATIONSHIP GRIT

# GRATITUDE

“I have found the one my heart loves.”

~ SONG OF SOLOMON 3:4

Take the Gratitude Journal Challenge by setting aside 5-10 mins, daily, to connect with your loved one! Prompt each other to answer each question from the heart & record both of your responses below for the best results:

Circle One:    Su    M    Tu    W    Th    F    Sat

Today's Date: \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

I am grateful for these 3 things about you today:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

List one thing your partner did to make you feel loved or appreciated today:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Favorite Shared Moment of the Day:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Tomorrow, we look forward to:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

“The more we are grateful, the more we attract things to be grateful for. Be a gratitude magnet.”

~ KATHRYN GORDON

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*“That’s the thing about a relationship ... It’s two imperfect people coming together and learning how to work out their individual flaws and weaknesses, helping make each other the best version of themselves. It doesn’t happen by accident. It’s a process we call G-R-I-T.”*

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~ KATHRYN GORDON

