

Grief + Gratitude Journal Template

Both truths can coexist

How to Use

The grief column is just as important as the gratitude column. You don't graduate from grief to gratitude - they coexist. Some days the grief column will be longer. That's ok. Some days you might only have grief. That's valid, too.

This isn't about "balancing out" grief with gratitude. It's about acknowledging that both exist.

Examples:

GRIEF	GRATITUDE
I miss being able to run 5Ks.	I'm grateful I can still walk my dog slowly.
I'm angry I need so many medications.	I'm grateful these medications exist.
I grieve my old social life and spontaneity.	I'm grateful for friends who still show up.

*****Remember: The grief column is just as important as the gratitude column.*****

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Daily Journal Entry

Date:

GRIEF	GRATITUDE

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Weekly Journal Entry

Week of:

GRIEF	GRATITUDE