

# GRATITUDE JOURNAL



DATE: \_\_\_\_\_

Today I'm grateful for

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_



Today's affirmation

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

3 Good things today

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_



Something I'm proud of

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

