

# GRATITUDE JOURNAL

WEEK:

MONTH:

YEAR:

TODAY I'M GRATEFUL FOR

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WORDS TO INSPIRE THE DAY

TOMORROW I LOOK FORWARD TO

SOMETHING  
I'M PROUD OF

TODAY'S AFFIRMATION

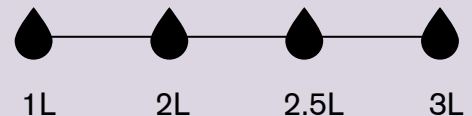
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WATER INTAKE



HOW HAVE I FELT THIS YEAR?

