



ARAYA
NICOLE

DAILY GRATITUDE JOURNAL

DAILY REFLECTIONS, AND PERSONAL INSIGHTS

DAILY GRATITUDE

/ /

TODAY I'M FEELING

POSITIVE AFFIRMATIONS

TODAY I'M GRATEFUL FOR

- 1
- 2
- 3

SOMETHING I'M PROUD OF

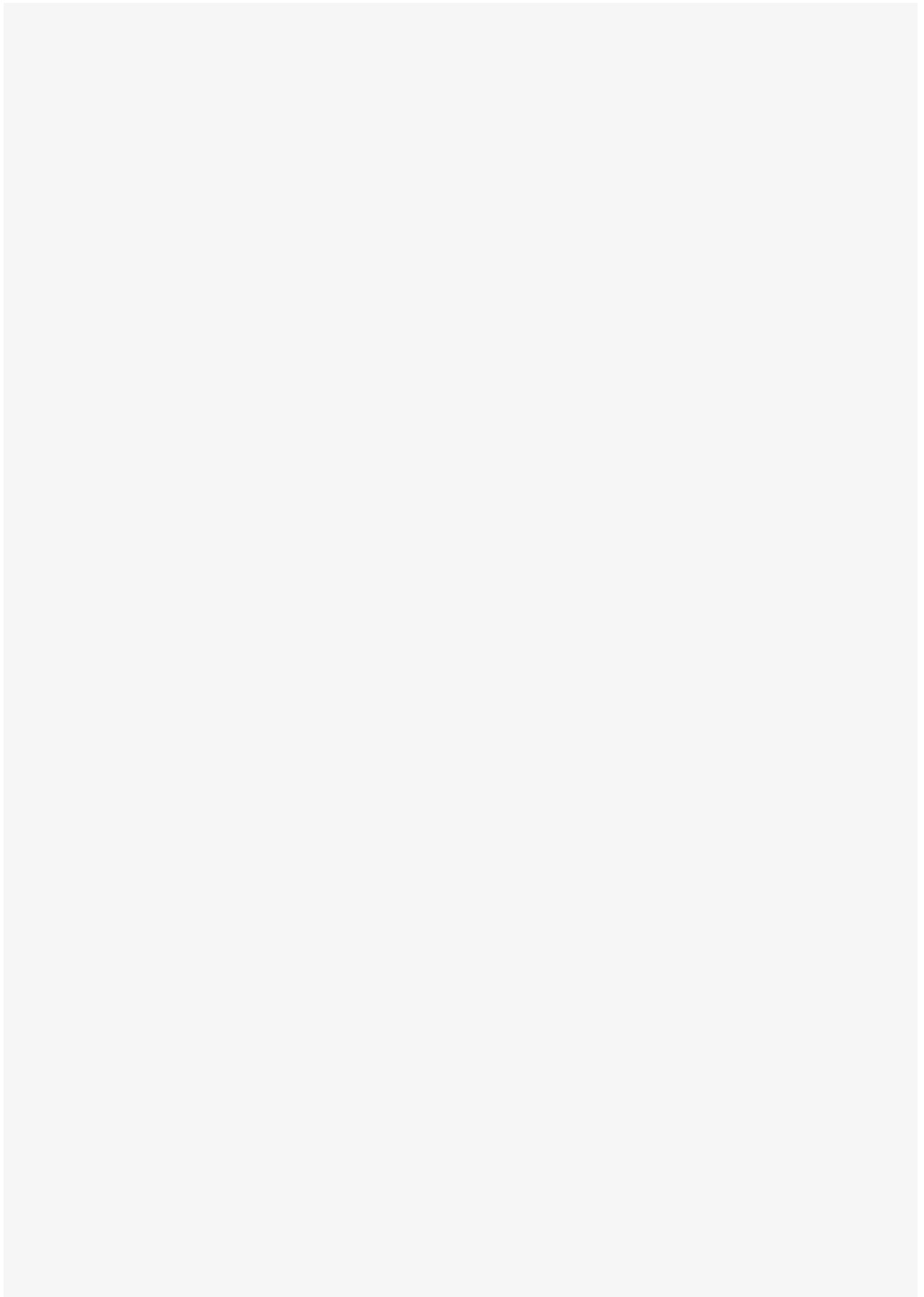
MORE OF THIS:

LESS OF THIS:

MY FAVORITE MOMENT THE DAY

TOMORROW I LOOK FORWARD TO

MY NOTES

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GRATITUDE

MONTHLY PREVIEW

/ /

THIS MONTH'S INTENTION IS

| HOW DO YOU FEEL? | HOW DO YOU WANT TO FEEL? |
|------------------|--------------------------|
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WHERE DO YOU WANT TO FOCUS YOUR ENERGY?

Notes

MY NOTES

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GRATITUDE

MONTHLY REVIEW

/ /

HIGHLIGHTS OF THE MONTH

- 1 _____
- 2 _____
- 3 _____

WHAT IS SOMETHING NEW YOU'VE LEARNED?

WHAT WERE SOME OF THE CHALLENGES YOU FACED?

WHAT IS THE BEST THING YOU HAVE DONE FOR
YOURSELF THIS PAST MONTH?

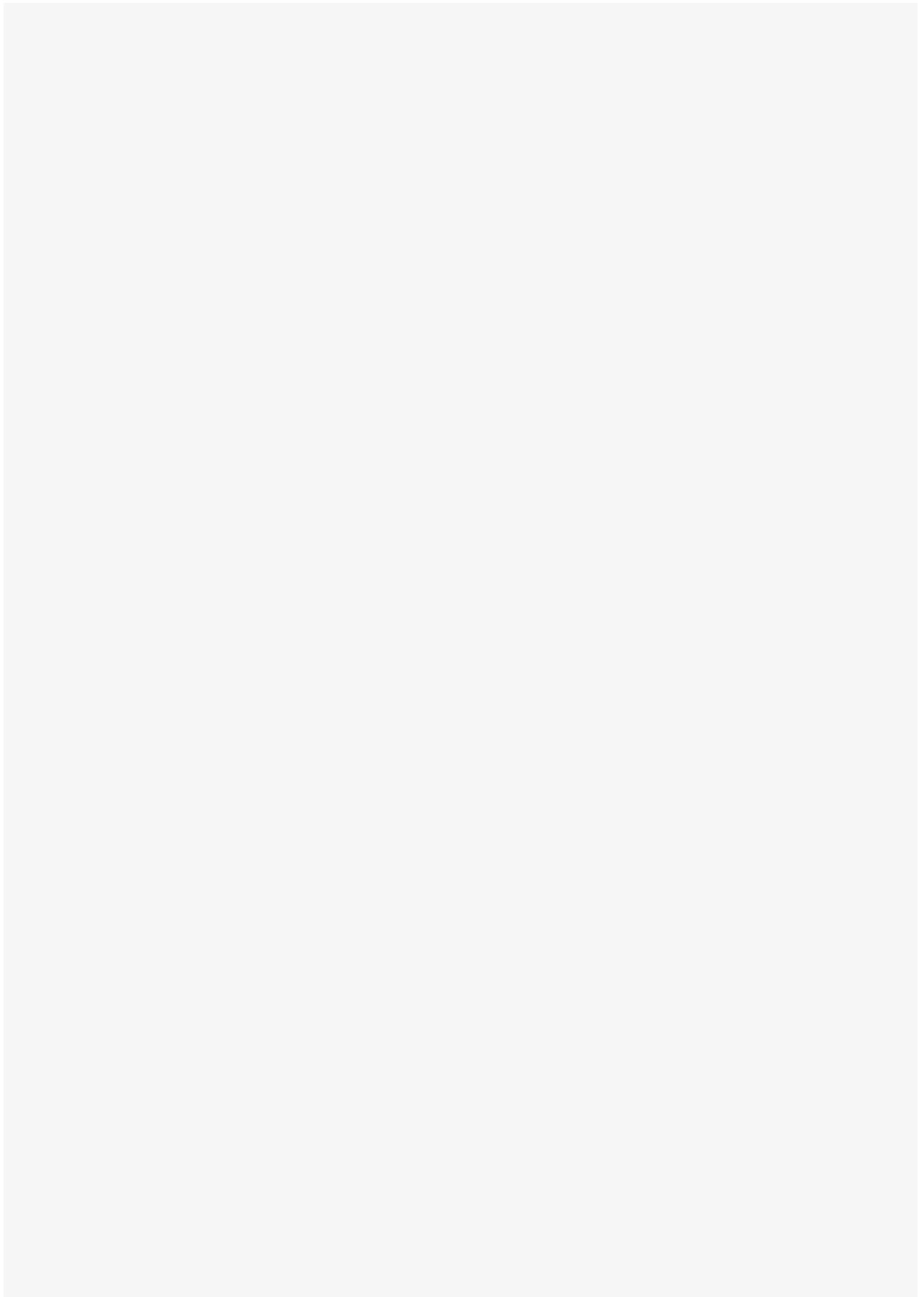
HAS PRACTICING GRATITUDE HELPED YOU THIS
MONTH?

YES

MAYBE

NO

MY NOTES

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Weekly Reflections

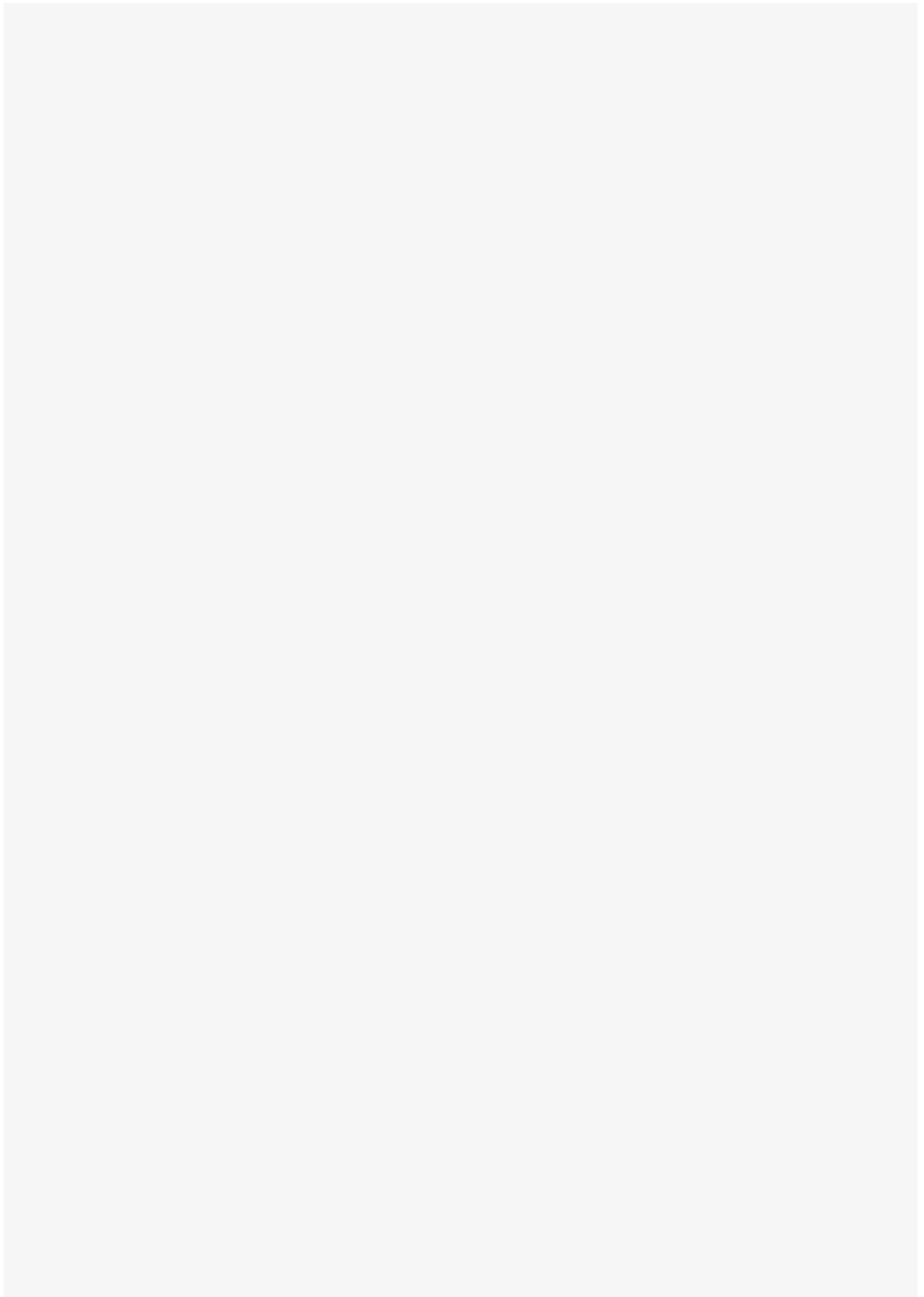
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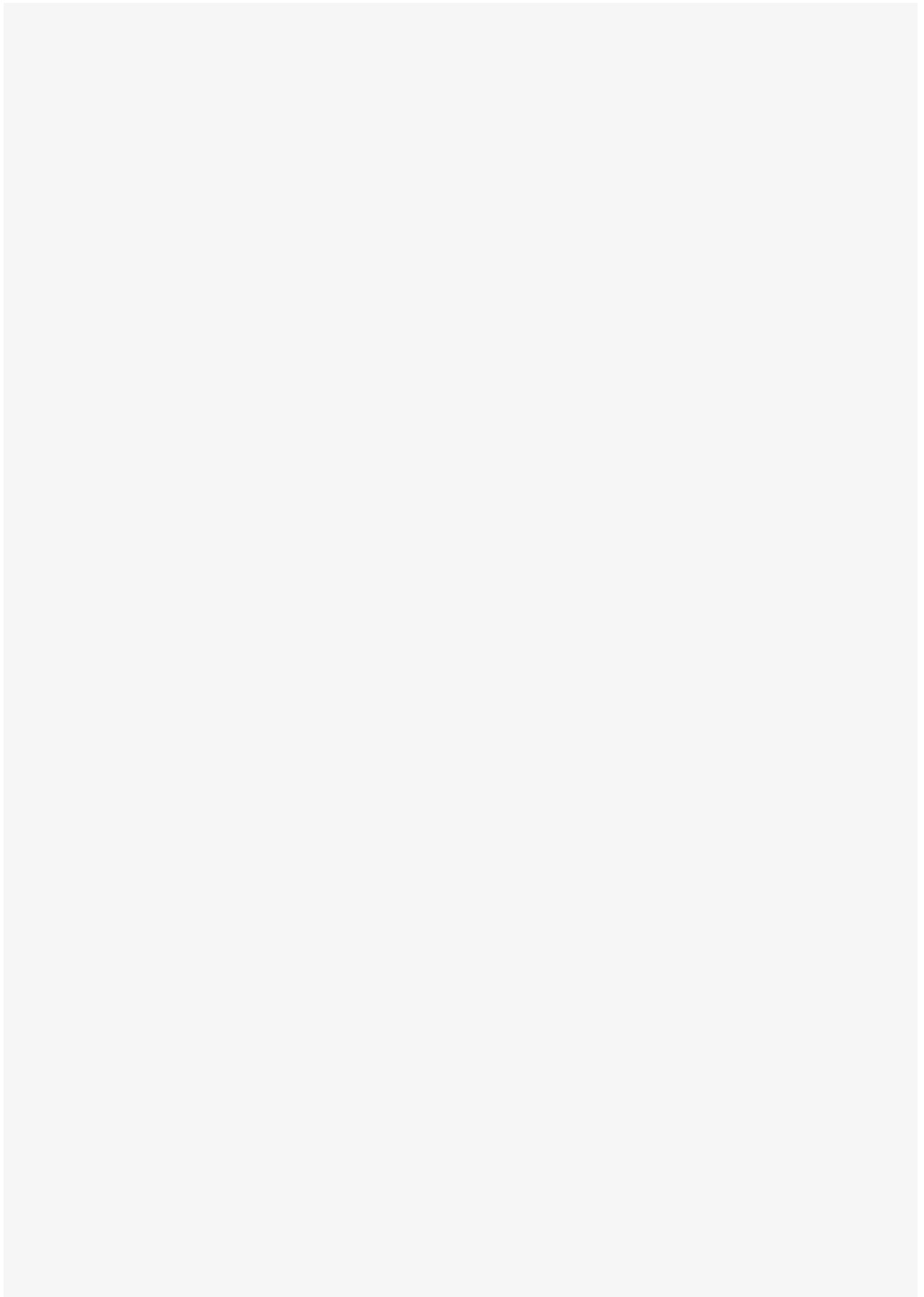
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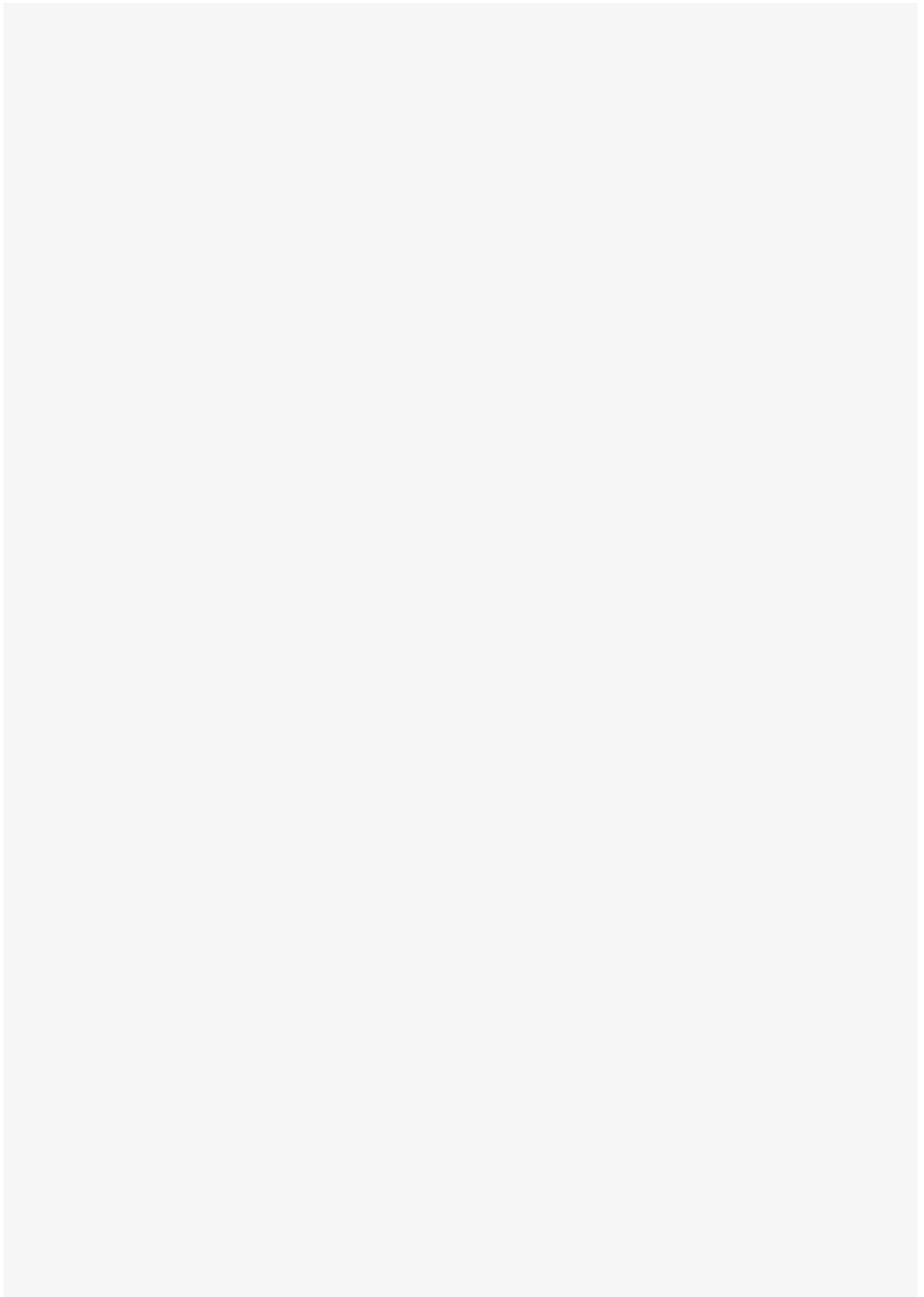
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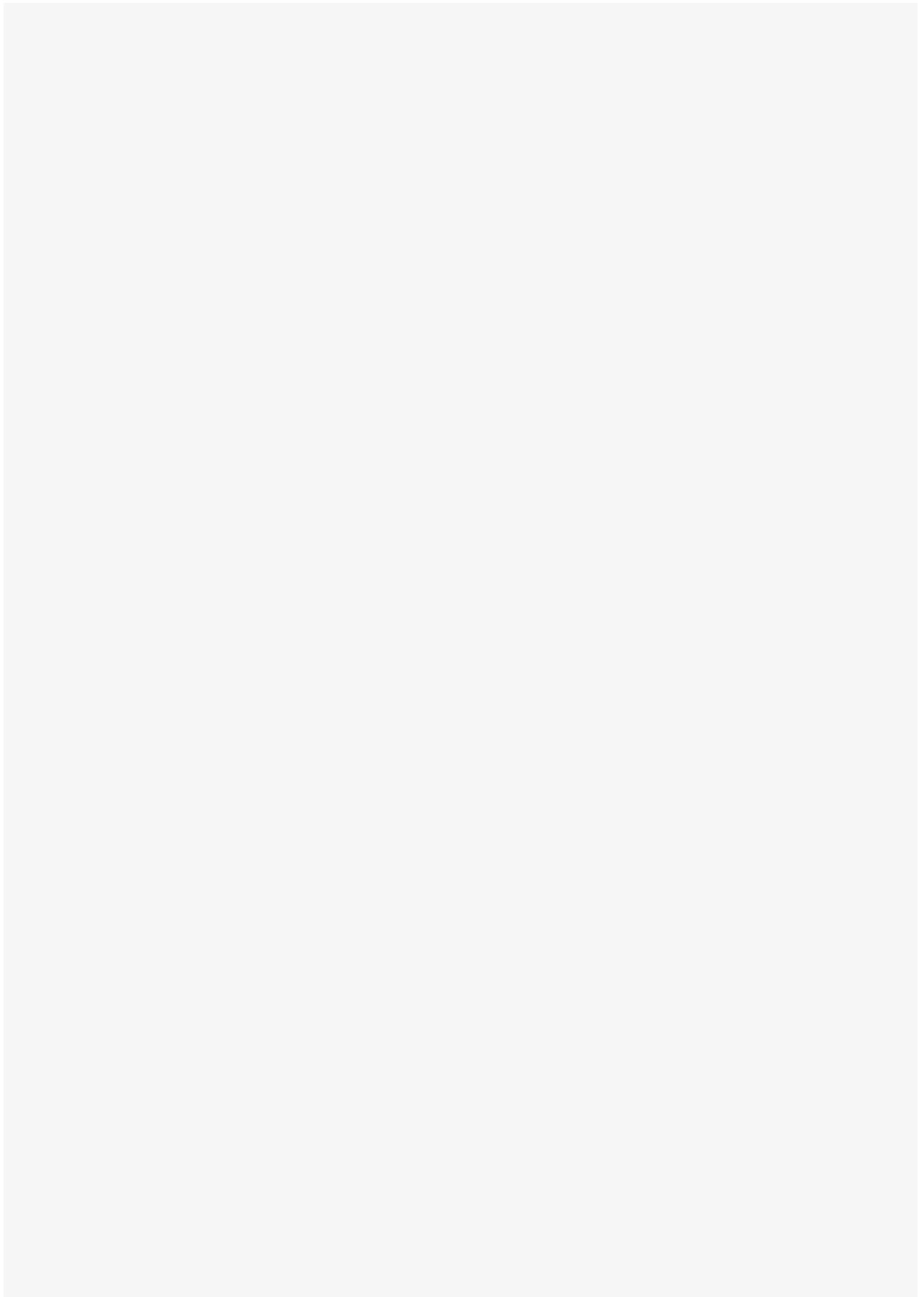
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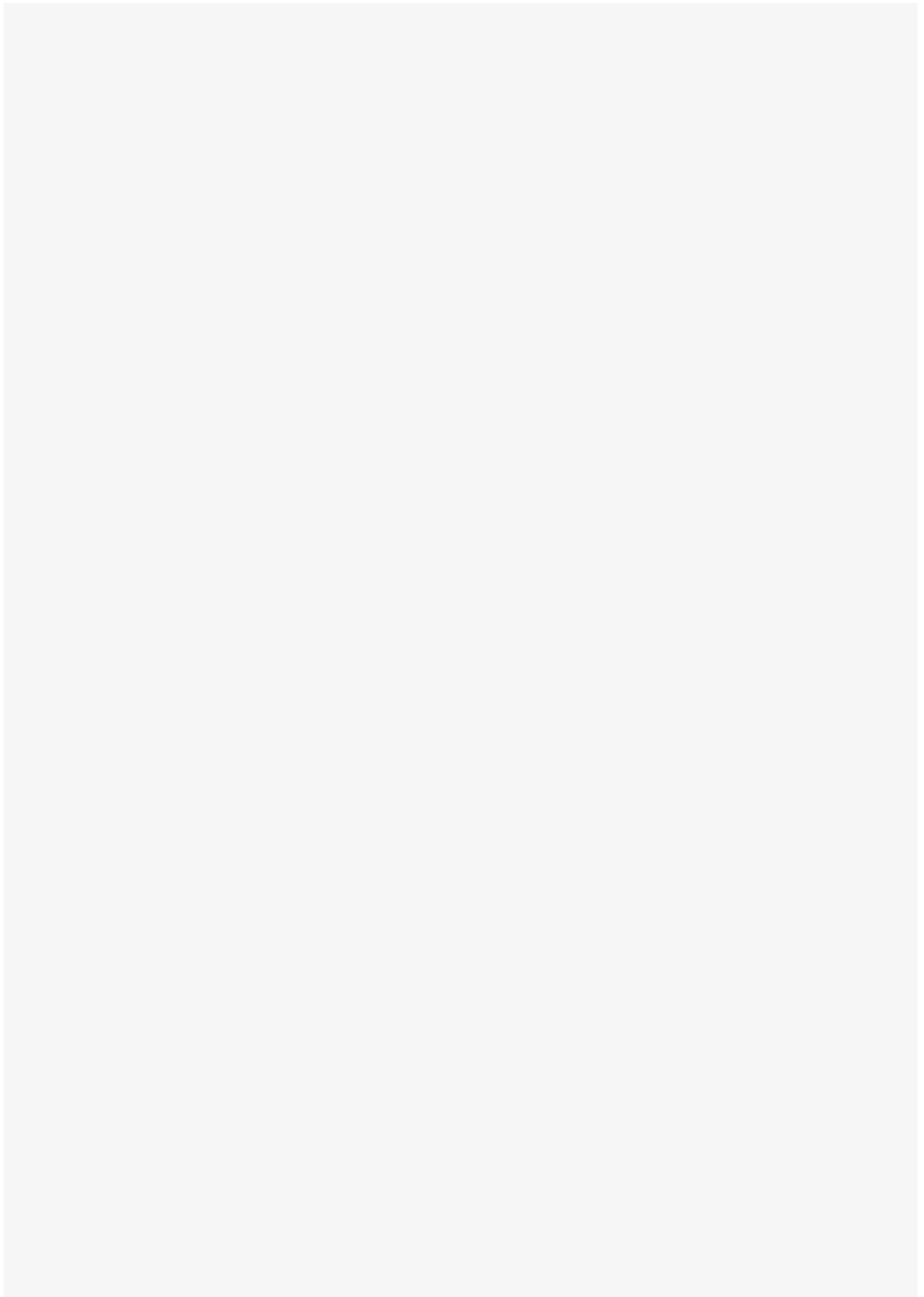
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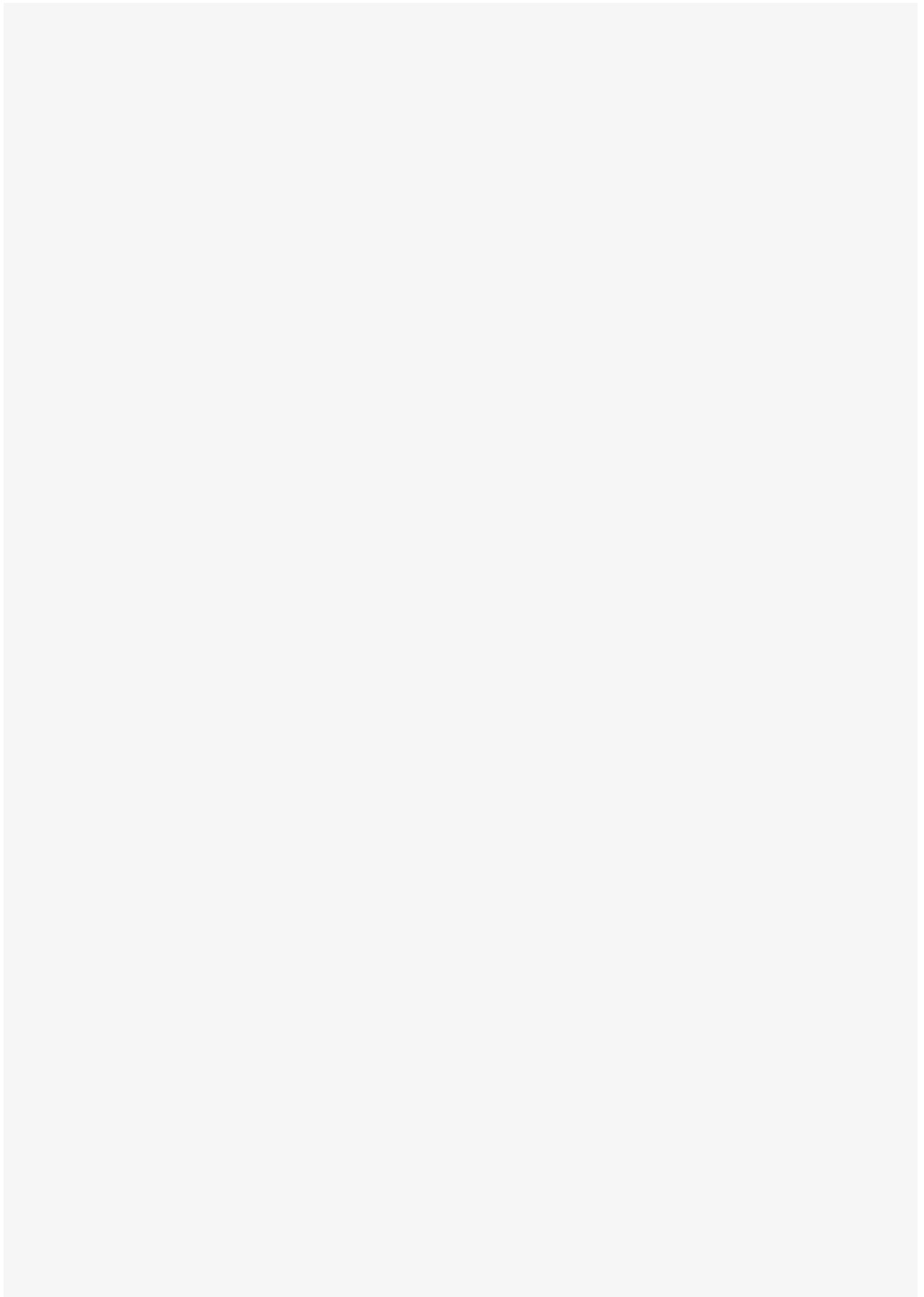
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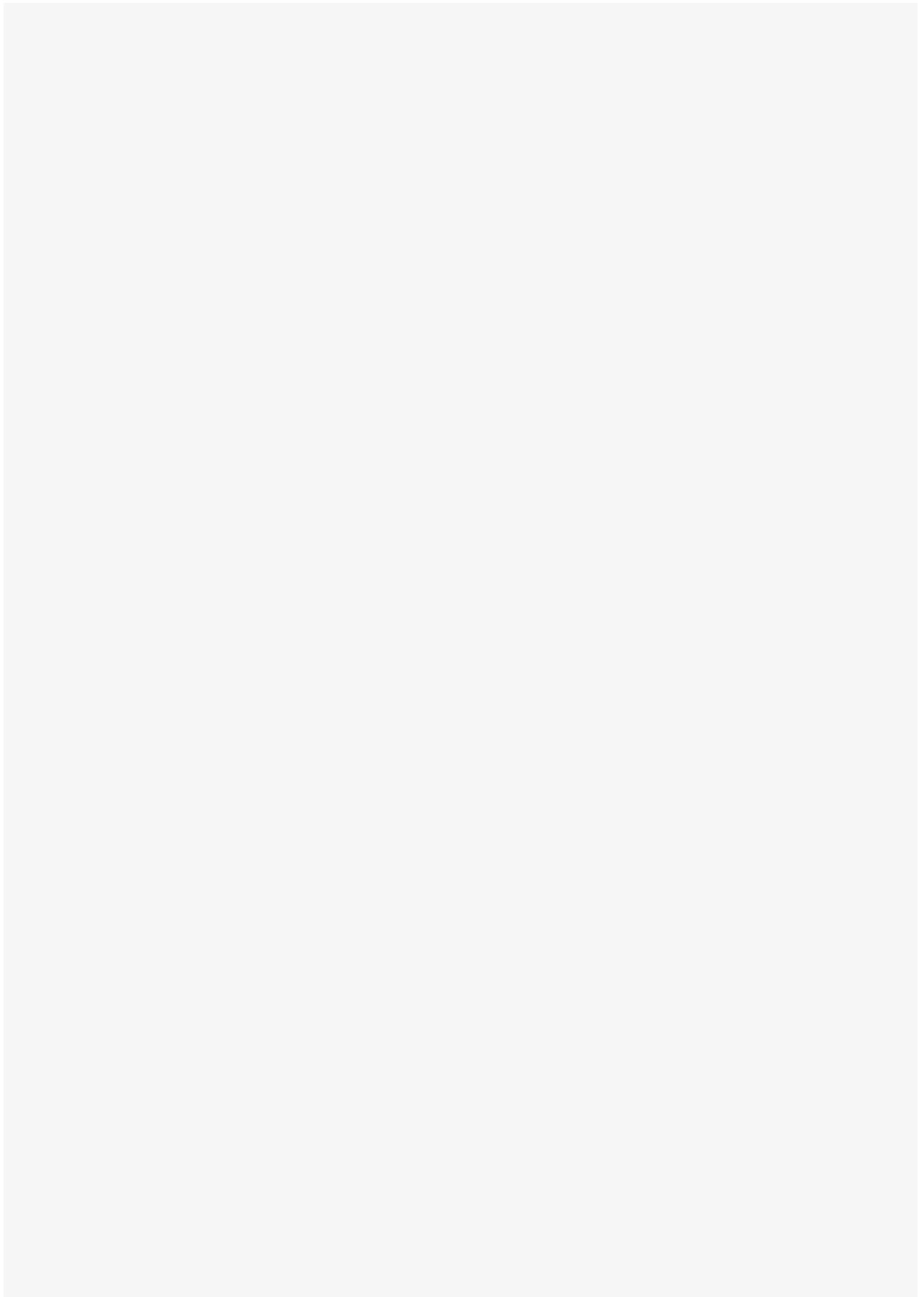
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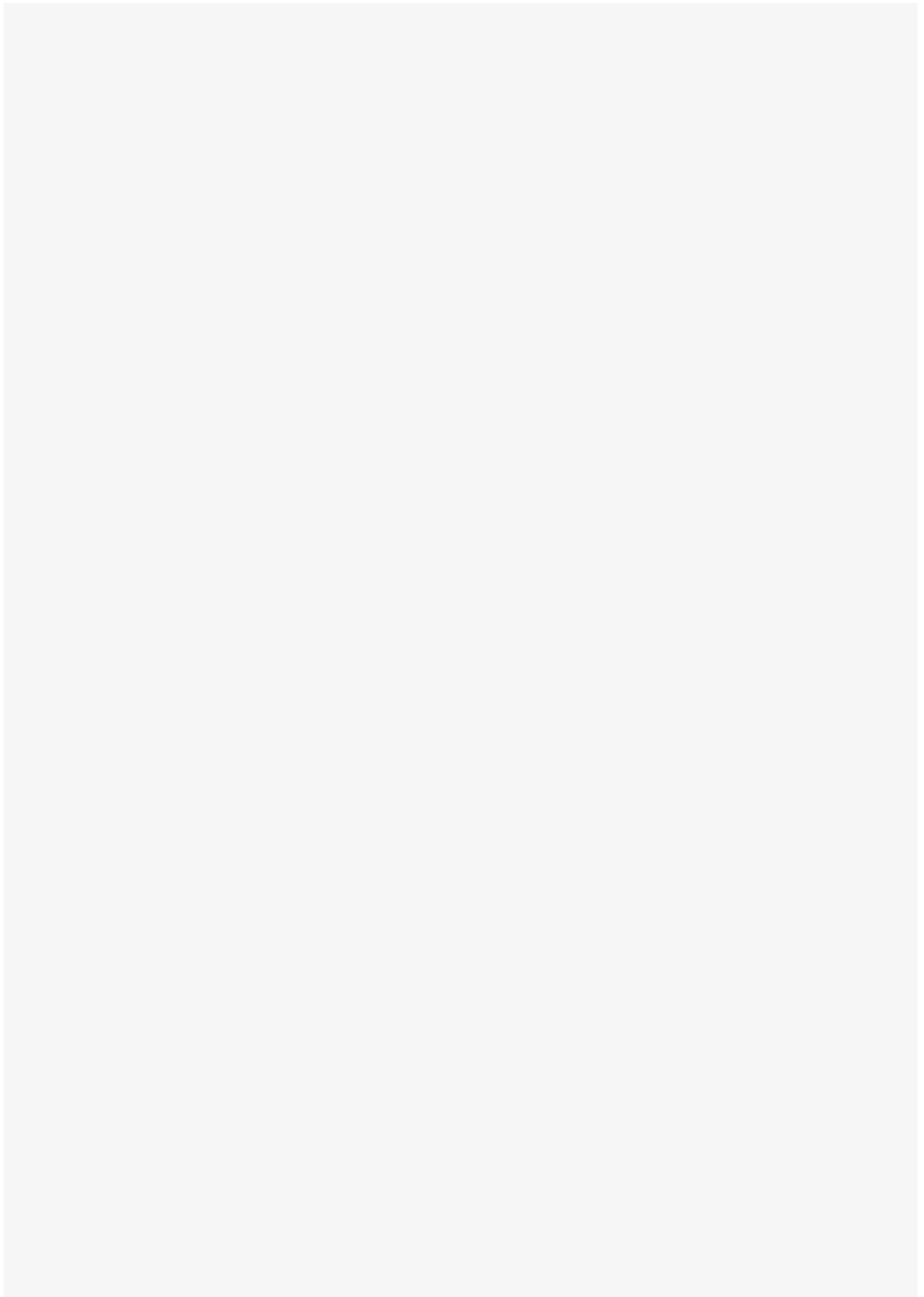
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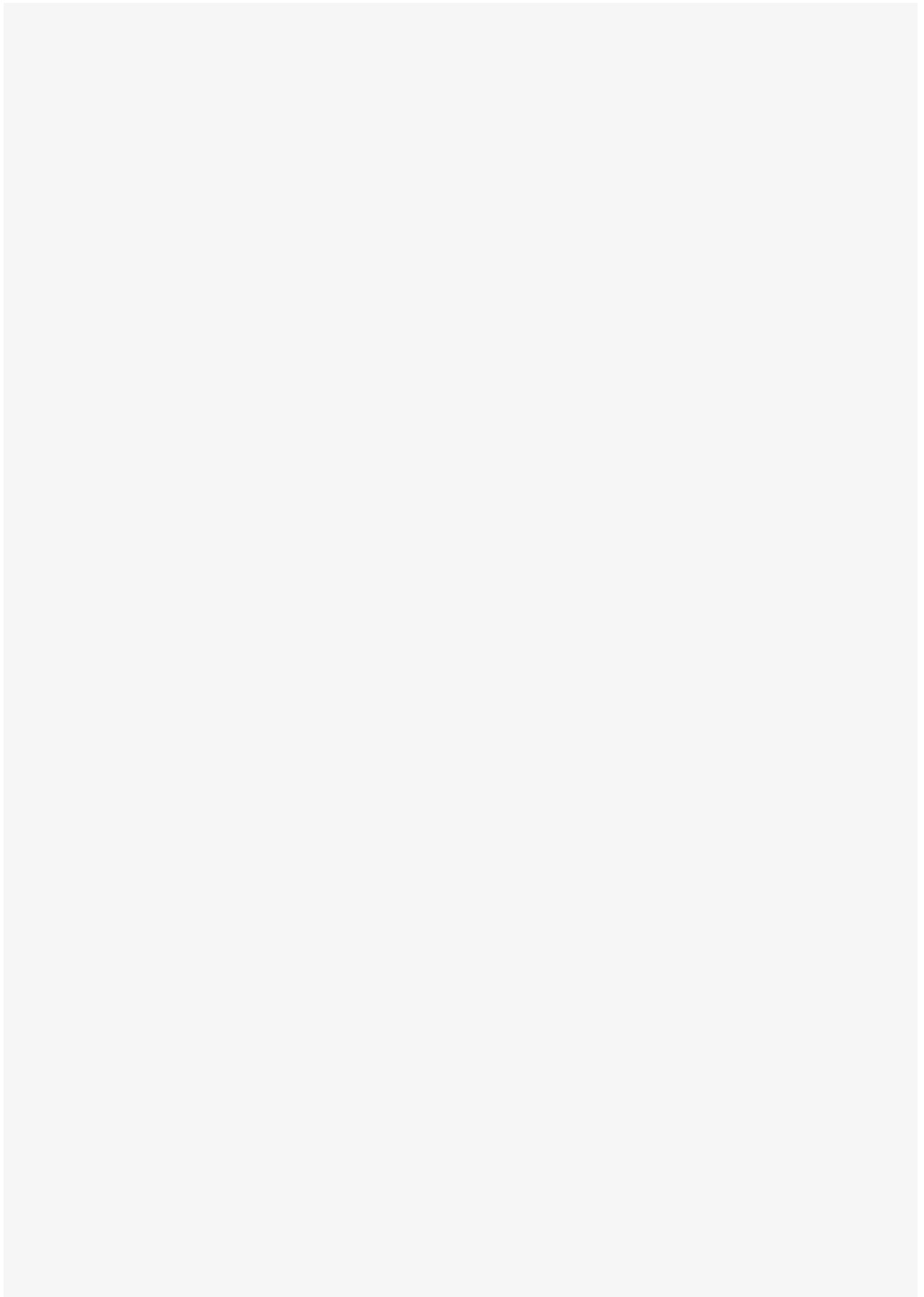
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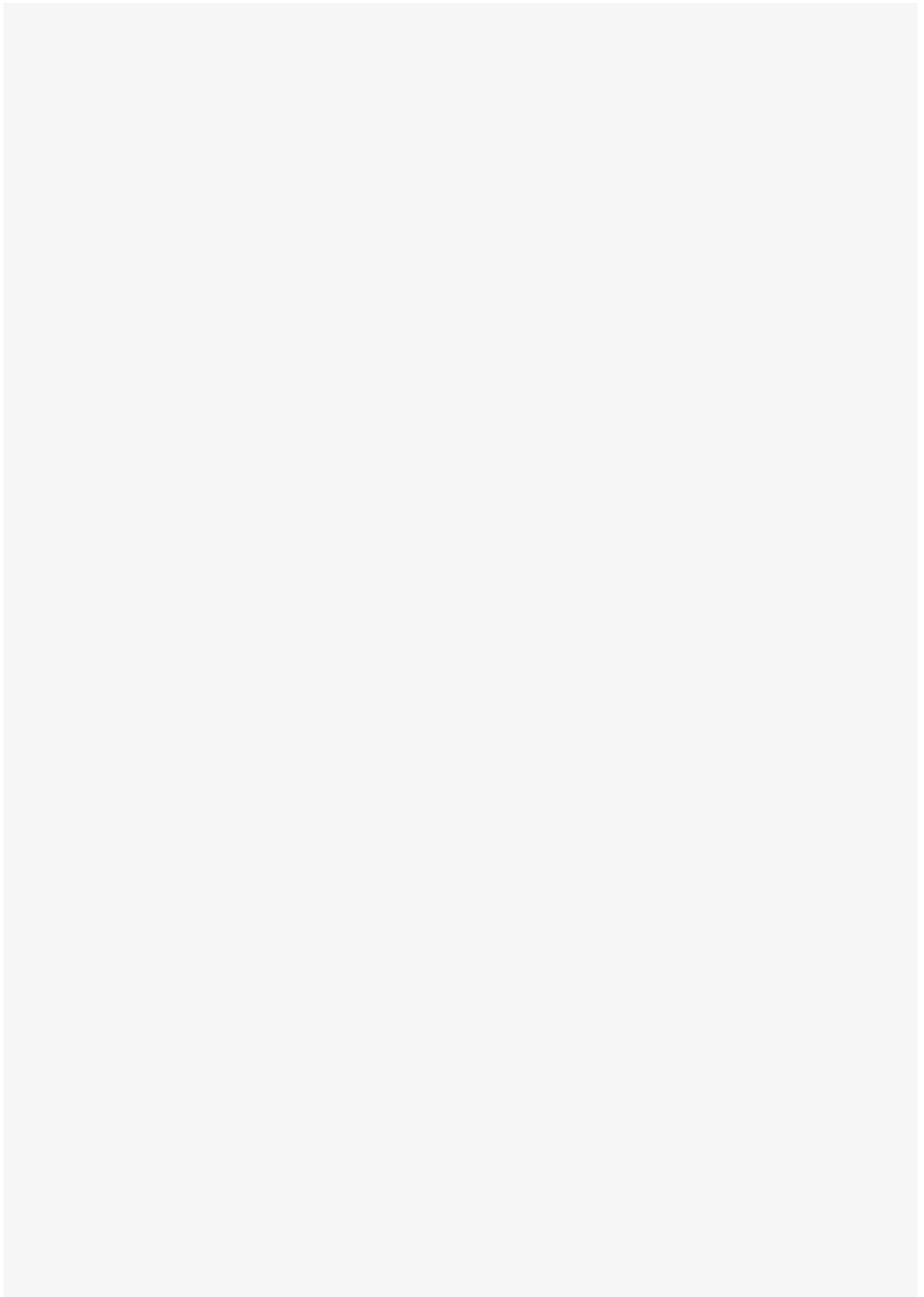
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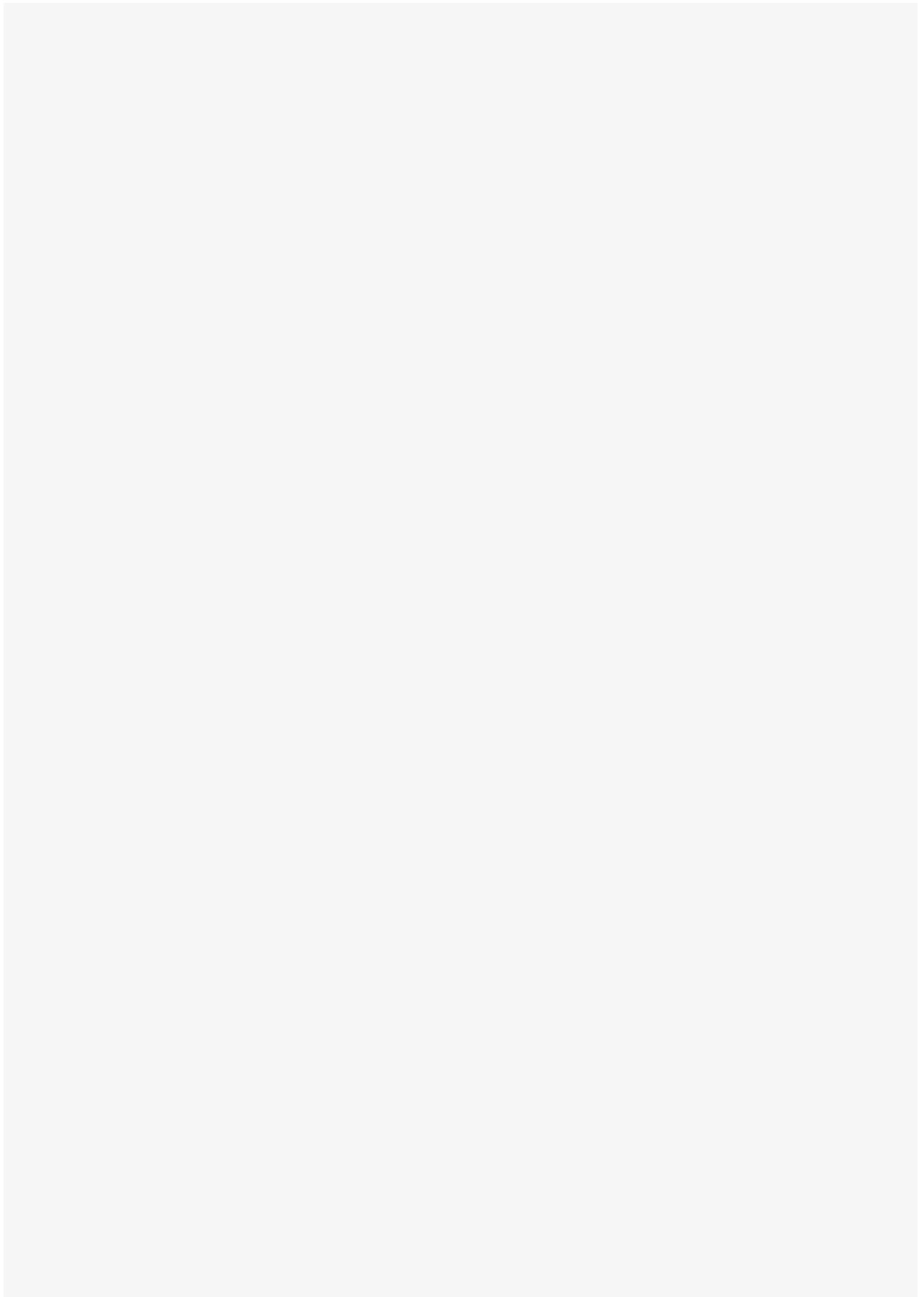
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