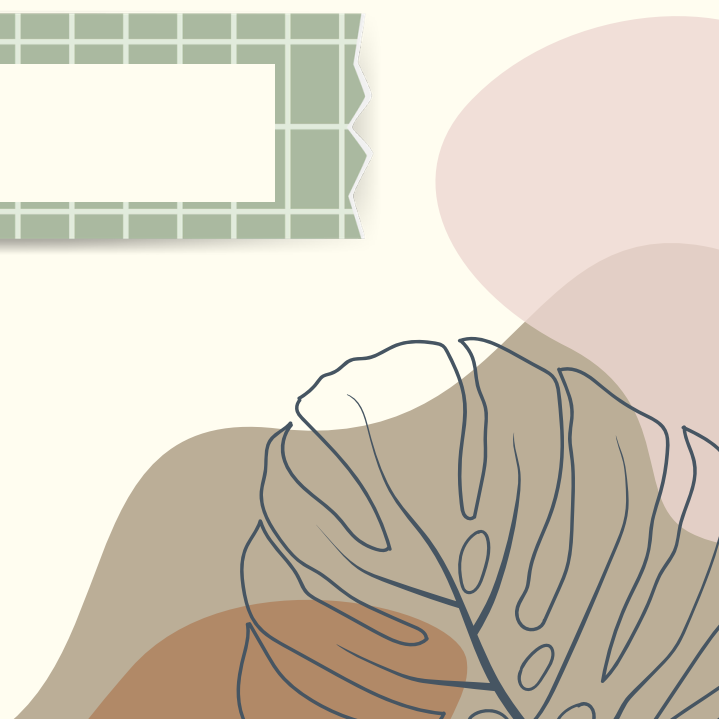
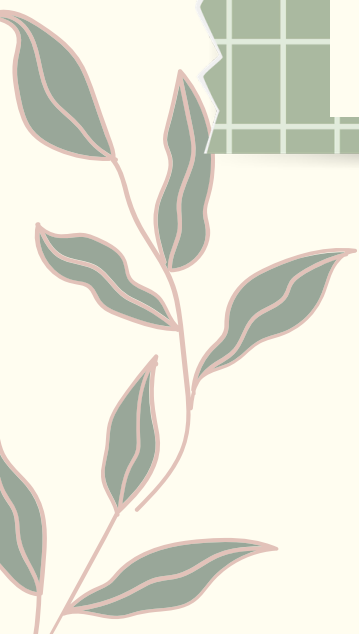


# Gratitude Journal

*Being grateful day by day*

*This journal belongs to:*



# I am truly Grateful!

DATE: \_\_\_\_\_ S M T W T F S

## 3 THINGS I'M GRATEFUL FOR TODAY

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## WORDS TO INSPIRE THE DAY

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## POSITIVE MOMENTS OF THE DAY

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## Notes / Reminders

## TODAY'S AFFIRMATION

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## END-OF-DAY REFLECTION/ LEARNINGS

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