

My Gratitude Journal

Morning

I am grateful for ...

1. _____
2. _____
3. _____

I can make today AWESOME by ...

A quote or text that brings me joy (makes me smile)...

Remember to do something to care for myself (here are some ideas I have):

Night

Something I did to care for myself today ...

3 AWESOME things that happened today:

1. _____
2. _____
3. _____