

# Gratitude Reflections

DATE \_\_\_\_\_

**3 POSITIVE THINGS THAT HAPPENED TO ME TODAY...**

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**2 POSITIVE THINGS I SAW SOMEONE DO TODAY...**

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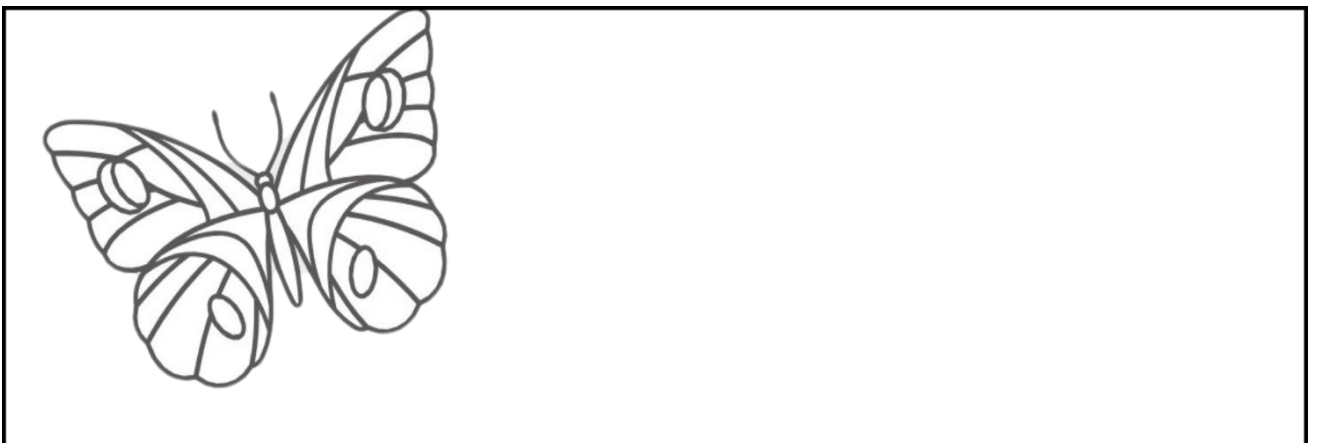
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**1 POSITIVE THING I REMEMBER ABOUT \_\_\_\_\_ ...**

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# Gratitude Reflections

DATE \_\_\_\_\_

**2 FUNNY THINGS THAT HAPPENED TODAY ...**

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**2 NOT SO FUNNY THINGS THAT HAPPENED TODAY...**

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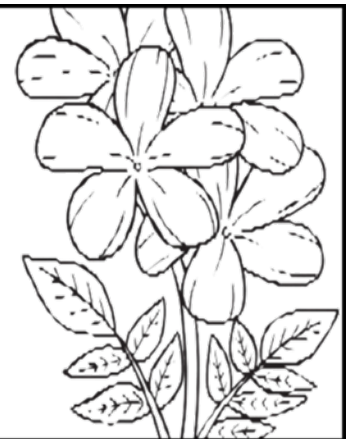
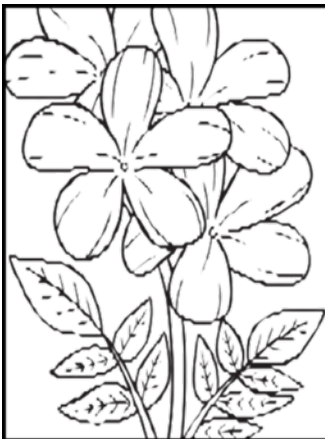
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**1 THING \_\_\_\_\_ WOULD SAY THAT MADE ME LAUGH...**

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# Gratitude Reflections

DATE \_\_\_\_\_

2 THINGS THAT MADE ME SMILED TODAY...

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1 THING THAT MADE ME FROWN TODAY...

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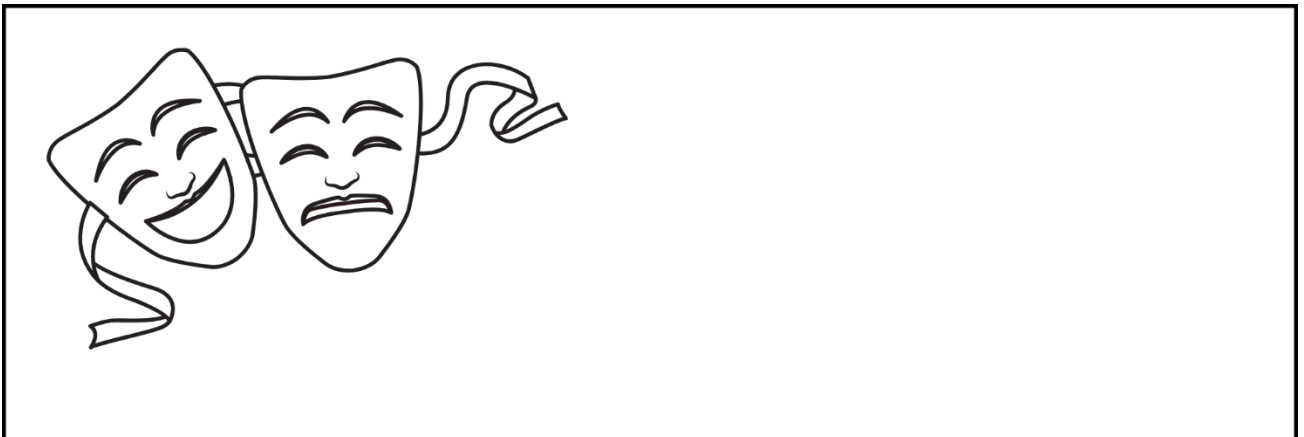
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1 REASON I SMILE AND FROWN WHEN I THINK OF \_\_\_\_\_ ...

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# Gratitude Reflections

DATE \_\_\_\_\_

**1 MOMENT FROM TODAY THAT I AM GRATEFUL FOR...**

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**2 PEOPLE I AM GRATEFUL FOR TODAY...**

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**1 THING I AM GRATEFUL \_\_\_\_\_ TAUGHT ME...**

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# Gratitude Reflections

DATE \_\_\_\_\_

**3 WAYS I CARED FOR MY BODY TODAY...**

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**2 WAYS I CARED FOR MY MIND TODAY...**

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**1 WAY I CARED FOR MY SOUL TODAY...**

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