

GRATITUDE JOURNAL

DATE

S M T W T F S

TAKE A MOMENT EACH DAY
TO REFLECT ON THE THINGS
YOU'RE THANKFUL FOR

TODAY I'M GRATEFUL FOR

1

2

3

THINGS THAT MADE ME SMILE TODAY







SOMETHING THAT
INSPIRED ME TODAY

PEOPLE I'M GRATEFUL
TO HAVE IN MY LIFE

Daily Affirmation

NOTES & FREE THOUGHTS