

Weekly gratitude and feel good journal

reimagine your life!



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| MONDAY | I am grateful for... |
| | Today I had fun when... |
| | I was happy when... |
| TUESDAY | I was proud of myself for... |
| | The most positive thing I saw today was... |
| | I felt good about myself when.... |
| WEDNESDAY | Today I was proud of myself for... |
| | Today was a good day because... |
| | I had fun today when... |
| THURSDAY | I had a positive experience with (person, place, thing) |
| | I felt proud when... |
| | Something I am really looking forward to is... |
| FRI-YAY! | I felt really good after... |
| | Something I did for someone... |
| | I find joy when I |
| SATURDAY | I am grateful when... |
| | I feel really good about myself when... |
| | I had fun today... |
| SUNDAY FUNDAY | I find peace when I.... |
| | Today I accomplished... |
| | A positive thing I witnessed today was... |