

GRATITUDE JOURNAL



TODAY'S AFFIRMATION

A large, solid green rectangular box intended for writing a daily affirmation.

3 THINGS YOU ARE GRATEFUL FOR TODAY

Five horizontal black lines provided for writing three things you are grateful for today.

3 GOOD THINGS HAPPENED TODAY

A green rectangular box containing seven horizontal black lines for writing three good things that happened today.

GRATITOODLE

A large, empty white rectangular box for writing a "gratitoodle" (a playful term for a gratitude poem or story).