

# GRATITUDE JOURNAL

DATE

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

## TODAY I'M GRATEFUL FOR

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## THINGS THAT MADE ME SMILE TODAY



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**SOMETHING THAT  
INSPIRED ME TODAY**

**PEOPLE I'M GRATEFUL  
TO HAVE IN MY LIFE**

*Daily Affirmation*

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**NOTES & FREE THOUGHTS**

