

Gratitude journal

DATE:

3 LITTLE THINGS TO BE GRATEFUL FOR

- ☐ _____
- ☐ _____
- ☐ _____

TODAY'S MOOD



ANGRY



TRIED



SAD



GREAT



FUN

SAY SOMETHING NICE ABOUT YOURSELF

DAILY AFFIRMATION

WHAT WOULD MAKE TODAY GREAT?

HAPPY MEMORIES

LESSON I LEARNED TODAY

PEOPLE I AM GRATEFUL FOR

MY MANTRA