

# Daily Gratitude

DATE: \_\_\_\_\_

3 things i am grateful for...

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One positive thing that happened today....

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My affirmation of the day....

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My mood today is....

☐ Calm

☐ Rested

☐ Excited

☐ Happy

☐ Angry

☐ Sad

☐ Anxious

☐ Worried

☐