

Gratitude Journal

DATE:

S M T W T F S

3 LITTLE THINGS TO BE GRATEFUL FOR







DAILY AFFIRMATION

HAPPY MEMORIES

PEOPLE I AM GRATEFUL FOR

TODAY'S MOOD



ANGRY



TRIED



SAD



GREAT



FUN

SAY SOMETHING NICE ABOUT YOURSELF

WHAT WOULD MAKE TODAY GREAT?

LESSON I LEARNED TODAY

MY MANTRA