

Gratitude Journal



You Are a Gardener®



Take a moment to pause, breathe, and plant seeds of gratitude.



1. What I'm Grateful For Today

- 1 _____
- 2 _____
- 3 _____



2. What Makes Me Feel Confident



3. Things I Am Looking Forward To

- 1 _____
- 2 _____
- 3 _____



4. People & Places I Am Grateful For

