

JOURNAL

GRATITUDE JOURNAL

DATE: _____

TODAY I'M GRATEFUL FOR:

- _____
- _____
- _____
- _____

TODAY'S AFFIRMATION(S):

- _____
- _____
- _____
- _____

SOMETHING I'M PROUD OF:

- _____
- _____
- _____
- _____

WATER INTAKE

TOMORROW I LOOK FORWARD TO:

- _____
- _____
- _____
- _____

NOTES / REMINDERS:

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