



# GRATITUDE JOURNAL

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

M	T	W	T	F	S	S
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

TODAY I'M GRATEFUL FOR:

- 
- 
- 
- 

TODAY'S AFFIRMATION:

- 
- 
- 
- 

SOMETHING I'M PROUD OF:

- 
- 
- 
- 

TOMORROW I LOOK FORWARD TO:

- 
- 
- 
- 

NOTES/ REMINDERS: