

# GRATITUDE JOURNAL

DATE

S M T W T F S

TAKE A MOMENT EACH DAY TO REFLECT  
ON THE THINGS YOU'RE THANKFUL FOR

TODAY I'M GRATEFUL FOR

1

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2

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3

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THINGS THAT MADE ME SMILE TODAY



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SOMETHING THAT  
INSPIRED ME TODAY

PEOPLE I'M GRATEFUL  
TO HAVE IN MY LIFE

*Daily Affirmation*

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NOTES & FREE THOUGHTS

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# DAILY REFLECTION JOURNAL

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Date \_\_\_\_ / \_\_\_\_ / \_\_\_\_

## MOOD TRACKER

Choose a face



Add a description

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### Highlights of the day

01	
02	
03	
04	
05	
06	
07	

### Gratitude List


### What I learned today

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### Goals for tomorrow

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# Daily Reflection

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Today I am grateful for these three things...

- 1.
  - 2.
  - 3.
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Date:

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Water:

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Exercise:

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*Today,* this good thing happened to me and I appreciate it because:

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*Today,* this not so good thing happened to me and this is how I handled it:

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*Today,* this thing made me happy:

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*Today,* I discovered this about myself:

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