## 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			
<u>1</u>	2		3
THINGS THAT MADE ME SMILE TODAY			
SOMETHING THAT INSPIRED ME TODAY		PEOPLE I'M TO HAVE IN	
Daily Affilmation			
NOTES & FREE THOUGHTS			