

GRATITUDE JOURNAL

DATE: _____

S M T W T F S

TODAY I'M GRATEFUL FOR

- _____
- _____
- _____

WATER INTAKE

  
1L 2L 3L

WEATHER



TODAY'S AFFIRMATION

- _____
- _____
- _____
- _____

NOTES / REMINDERS

SOMETHING I'M PROUD OF

- _____
- _____
- _____
- _____

TOMORROW I LOOK FORWARD TO

- _____
- _____
- _____
- _____