

GRATITUDE

journal



DATE: _____

S M T W T F S

TODAY I'M GRATEFUL FOR...

1	
2	
3	

THINGS I WILL DO
FOR MYSELF TODAY...

♡	
♡	
♡	
♡	
♡	
♡	

DAILY AFFIRMATION

I am... _____

I am... _____

I am... _____

INTENTION SETTING

Today will be...



NOTES:
