GRATITUDE JOURNAL

JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

YEAR: _____

3 THINGS I AM GRATEFUL FOR...

THE BEST PART OF TODAY WAS...

TODAY'S POSITIVE AFFIRMATIONS...

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