

Your gratitude journal

Day 1:

- 1. Today I am grateful for
- 2. Today I am grateful for
- 3. Today I am grateful for

Day 2:

- 1. Today I am grateful for
- 2. Today I am grateful for
- 3. Today I am grateful for

Day 3:

- 1. Today I am grateful for
- 2. Today I am grateful for
- 3. Today I am grateful for

Day 4:

- 1. Today I am grateful for
- 2. Today I am grateful for
- 3. Today I am grateful for

Day 5:

- 1. Today I am grateful for
- 2. Today I am grateful for
- 3. Today I am grateful for

Day 6:

- 1. Today I am grateful for
- 2. Today I am grateful for
- 3. Today I am grateful for

Day 7:

- 1. Today I am grateful for
- 2. Today I am grateful for
- 3. Today I am grateful for