

DAILY GRATITUDE JOURNAL

Date _____ How did I sleep? _____



Morning

3 Things I Am Grateful For

1. _____

2. _____

3. _____

3 Priorities for Today

1. _____

2. _____

3. _____

DAILY AFFIRMATION. I am...



Evening

I WILL LET GO OF...

3 Amazing Things That Happened Today

1. _____

2. _____

3. _____

STAY CONNECTED FOR MORE RESOURCES!