

# GRATITUDE JOURNAL

DATE: \_\_\_\_\_

(S) (M) (T) (W) (T) (F) (S)

THREE THINGS THAT I AM GRATEFUL FOR

- 
- 
- 

SOMETHING OR SOMEONE THAT MADE ME SMILE TODAY

- 
- 
- 

WATER INTAKE



TOMORROW I LOOK FORWARD TO:

- 
- 
- 

NOTES/ REMINDERS:

Large empty rounded rectangular box for notes and reminders.