

GRATITUDE JOURNAL

DATE:

WHAT ARE THREE THINGS YOU'RE GRATEFUL FOR
TODAY?

DESCRIBE A SMALL OR BIG MOMENT FROM THE DAY THAT
BROUGHT YOU JOY OR PEACE

SOMEONE OR SOMETHING THAT MADE A DIFFERENCE
TODAY

The background of the entire page is a light orange color with a repeating pattern of simple line-art flowers. Each flower has five petals and a central circle with radiating lines. The flowers are scattered across the page, some larger than others.

WHAT CAN YOU THANK YOURSELF FOR TODAY?

WHAT IS ONE THING YOU'RE LOOKING FORWARD TO
TOMORROW?
