

GRATITUDE JOURNAL

DATE:

I'M GRATEFUL FOR:

TODAY'S HIGHLIGHT:

3 BEST THINGS ABOUT TODAY:

SOMETHING I AM PROUD OF:

SOMETHING THAT SURPRISED ME TODAY:

SOMETHING I AM LOOKING FORWARD
TO TOMORROW:



**MY EXISTENCE IS DESERVING
OF REFLECTION.**

Even when things feel messy or hard, there is space for celebration and appreciation. I deserve to know and feel gratitude and joy regardless of the current circumstances.

