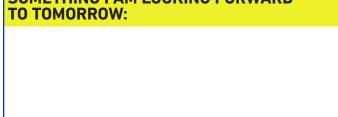


GRATITUDE JOURNAL

DATE: TODAY'S HIGHLIGHT: I'M GRATEFUL FOR: 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.

