

Gratitude Journal

DATE: _____

S | M | T | W | T | F | S

WATER INTAKE



HOW HAVE I FELT THIS YEAR?



WRITE SOMETHING NICE

5 GOOD THINGS TODAY

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SOMETHING I'M PROUD OF

○ _____

○ _____

○ _____

Today's affirmation

○ _____

○ _____

○ _____

NOTES