

Today's date:

My Gratitude Journal



☀ In the Morning ☀

Right now, I am grateful for:

1. _____
2. _____
3. _____

I am so **lucky** and here is just one reason why:

The **people** in my life I am grateful for are:

Something I can do to make today **great** is:

🌙 In The Evening 🌙

Today I **appreciate**:

Today I **forgive**:

Here is **one nice thing** I did for myself or someone else today:

Three things that **made my day**:

1. _____
2. _____
3. _____

