

# Gratitude Journal



DATE: \_\_\_\_\_ S M T W T F S

TODAY I'M GRATEFUL FOR

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TODAY I'M FEELING

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GREY GREAT

WEATHER

☀ ☁ ☁ ☁ ☁ ☁

NOTES / REMINDERS

TODAY'S AFFIRMATION

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SOMETHING I'M PROUD OF

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TOMORROW I LOOK FORWARD TO

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