

GRATITUDE *journal*

Date _____

5 Things I'm grateful for:

- 1.
- 2.
- 3.
- 4.
- 5.

4 Things I'm looking forward to:

- 1.
- 2.
- 3.
- 4.

3 Things I accomplished:

- 1.
- 2.
- 3.

2 People I'm grateful for:

- 1.
- 2.

1 Amazing thing that happened to me:

- 1.