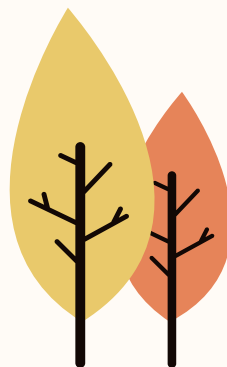
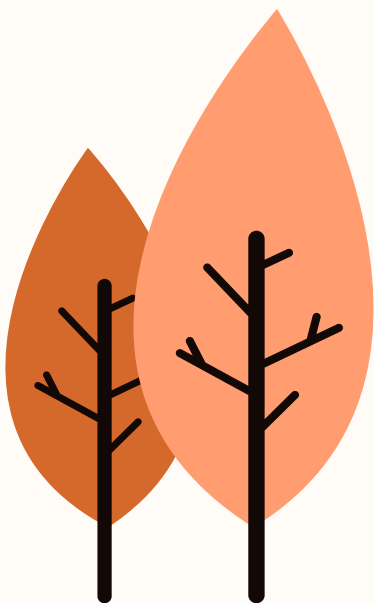


MY GRATITUDE *Journal*

NAME:



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s m t w t f s

Month: _____

GRATITUDE LISTS

Notes

Affirmations



My Gratitude



My Gratitude

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s m t w t f s

Month: _____

DAILY GRATITUDE

I'm Grateful For

Activities

Priorities



Notes

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s m t w t f s

Month: _____

WEEKLY GRATITUDE

Sunday

Monday

Tuesday

Wednesday



Thursday

Friday

Saturday

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s m t w t f s

Year: _____

MONTHLY POSITIVITY

Calendar

m t w t f s s

Note to Self



I'm Grateful for

Notes

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s m t w t f s

Month: _____

my NOTES





We are a nonprofit that empowers children and adults to live compassionate, connected and creative lives thriving in Peace and Prosperity.

Everyone deserves to be healthy, safe, happy, joyful, and live their dreams as their reality.

Today is a perfect day to start writing down your gratitude thoughts.



Created by www.sacredlivingdallas.org/mindfulness

