

# DAILY GRATITUDE *Journal*



Morning

Today's Date: \_\_\_\_\_

I WAKE UP FEELING

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WHAT WOULD MAKE TODAY GREAT

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TODAY, I AM THANKFUL FOR

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TODAY'S AFFIRMATION

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MY MAIN GOAL OR TASK IS

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MY POSITIVE ENERGY OR MANTRA IS

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A GENTLE REMINDER TO PRIORITIZE SELF-CARE

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MY INTENTION FOR THE DAY IS

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# DAILY REVIEW *Journal*

Today's Date: \_\_\_\_\_



TODAY'S BLESSINGS

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ONE WAY I PRACTICED SELF-CARE WAS

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I AM PROUD OF MYSELF FOR

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WISDOM I'VE GAINED

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I SHOWED KINDNESS TO OTHERS BY

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A GENTLE REMINDER TO BE GRATEFUL FOR

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TOMORROW, I AM LOOKING FORWARD TO

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I GO TO BED FEELING

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RANKING MY DAY: On a scale of 1 to 10, I rate my day as \_\_\_\_\_ (1 being low, 10 being high).