

DAILY GRATITUDE *Journal*



Morning

Today's Date: _____

I WAKE UP FEELING

WHAT WOULD MAKE TODAY GREAT

TODAY, I AM THANKFUL FOR

TODAY'S AFFIRMATION

MY MAIN GOAL OR TASK IS

MY POSITIVE ENERGY OR MANTRA IS

A GENTLE REMINDER TO PRIORITIZE SELF-CARE

MY INTENTION FOR THE DAY IS

DAILY REVIEW *Journal*

Today's Date: _____



TODAY'S BLESSINGS

ONE WAY I PRACTICED SELF-CARE WAS

I AM PROUD OF MYSELF FOR

WISDOM I'VE GAINED

I SHOWED KINDNESS TO OTHERS BY

A GENTLE REMINDER TO BE GRATEFUL FOR

TOMORROW, I AM LOOKING FORWARD TO

I GO TO BED FEELING

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