Gratitude Journal

Three things you are thankful for each day

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Day 1 **Date:** _____

1. _____
2. _____
3. _____

Today I felt _____

Day 2 **Date:** _____

1. _____
2. _____
3. _____

Today I felt _____

Day 3 **Date:** _____

1. _____
2. _____
3. _____

Today I felt _____

Day 4 **Date:** _____

1. _____
2. _____
3. _____

Today I felt _____

Day 5 **Date:** _____

1. _____
2. _____
3. _____

Today I felt _____

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