


# THE GRATITUDE JOURNAL

REVERSING CHRONIC  
INFLAMMATORY CONDITIONS WITH  
LIFESTYLE CHANGES

RX TAKE ONE FULL DOSE DAILY  
DISPENSE 90-DAY SUPPLY  
REFILLS: UNLIMITED

An open book is shown from a top-down perspective, lying flat on a bed of small, light-colored pebbles. The pages are white and densely packed, creating a textured, layered appearance. In the center of the book, a large heart shape has been cut out, revealing a smooth, light-colored surface underneath. The heart is perfectly centered and its edges are clean. The overall lighting is soft and even, highlighting the textures of the paper and the pebbles.

*Being thankful each day may just  
keep the doctor away.*

# INTRODUCTION TO THE GRATITUDE JOURNAL

Welcome to your Gratitude Journal for Reversing Prediabetes and Type 2 Diabetes! This journal is designed to be a source of inspiration, motivation, and reflection as you embark on your journey toward better health. Within these pages, you will find a collection of encouraging scriptures and quotes, each accompanied by reflections on how they can empower you to overcome challenges and embrace positive lifestyle changes.

## Why Gratitude?

Gratitude is a powerful tool that can transform your mindset and enhance your overall well-being. Research shows that cultivating gratitude can lead to numerous health benefits, including reduced stress, improved mood, and increased resilience. When faced with the challenges of managing prediabetes or type 2 diabetes, a gratitude practice can provide the emotional support needed to stay committed to your health goals.

# THE CONNECTION TO HEALTH

Reversing prediabetes and type 2 diabetes requires more than just dietary changes and exercise; it involves a holistic approach that encompasses mental, emotional, and spiritual well-being. This gratitude journal encourages you to:

- **Shift Your Perspective:** By focusing on what you are grateful for, you can shift your mindset away from fear and anxiety about your health. This positive perspective helps you embrace change and fosters motivation to make healthier choices.
- **Build Resilience:** Each entry encourages you to reflect on the strength within you and the support from your faith. Acknowledging your progress, no matter how small, reinforces your commitment to your health journey.
- **Foster Connection:** As you engage with the scriptures and quotes, you will find a deeper connection to your faith and the community around you. Sharing your experiences with others can create a supportive environment where you feel empowered to thrive.
- **Encourage Being Full Present:** This journal serves as a reminder to be fully present and alert in your daily choices. By incorporating gratitude into your routine, you will cultivate awareness of the positive changes you are making, reinforcing your determination to reverse prediabetes and type 2 diabetes.

# HOW TO USE THIS JOURNAL

Take a moment each day to read the scripture or quote, reflect on its meaning, and write down what you are grateful for. Allow these prompts to guide your thoughts and inspire you to recognize the good in your life, even amidst challenges. We have given you a few to get you started.

As you fill the pages of this journal, you will not only document your health journey but also create a treasure trove of positivity to draw upon whenever you need a boost.

As you begin this journey, remember that you are not alone. Embrace each day with gratitude, faith, and the determination to reclaim your health. Let this journal be your companion and guide, helping you to cultivate a mindset that supports your journey toward reversing prediabetes and type 2 diabetes.

Here's to your health, happiness, and the abundance of blessings in your life!



Dr. Helen

SCRIPTURE:

*“And we know that in all things God works for the good of those who love him, who have been called according to his purpose.”*

– ROMANS 8:28 (NIV)

MEANING:

THIS VERSE REASSURES US THAT GOD IS ACTIVELY INVOLVED IN OUR LIVES, EVEN DURING CHALLENGING TIMES. IT REMINDS US THAT DIFFICULTIES CAN LEAD TO GROWTH AND POSITIVE OUTCOMES WHEN WE TRUST IN HIS PLAN.





# GRATITUDE JOURNAL

DATE

S M T W T F S

TAKE A MOMENT EACH DAY  
TO REFLECT  
ON THE THINGS YOU'RE  
THANKFUL FOR

*Day 1*

TODAY I'M GRATEFUL FOR

1

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THINGS THAT MADE ME SMILE TODAY



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SOMETHING THAT INSPIRED ME TODAY	PEOPLE, THINGS OR SITUATIONS I'M GRATEFUL TO HAVE IN MY LIFE TODAY

*Encouraging Scripture or Word of the Day*

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# GRATITUDE JOURNAL

DATE

S M T W T F S

TAKE A MOMENT EACH DAY TO REFLECT ON THE THINGS YOU'RE THANKFUL FOR

## Day 2

TODAY I'M GRATEFUL FOR

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THINGS THAT MADE ME SMILE TODAY



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SOMETHING THAT INSPIRED ME TODAY	PEOPLE, THINGS OR SITUATIONS I'M GRATEFUL TO HAVE IN MY LIFE TODAY

*Encouraging Scripture or Word of the Day*

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SCRIPTURE:

*“Gratitude is not only the greatest of virtues but the parent of all others.”*

– CICERO

MEANING:

CICERO’S QUOTE HIGHLIGHTS THE FOUNDATIONAL ROLE OF GRATITUDE IN CULTIVATING OTHER POSITIVE TRAITS, SUCH AS KINDNESS, PATIENCE, AND RESILIENCE. IT SUGGESTS THAT WHEN WE PRACTICE GRATITUDE, WE CREATE A RIPPLE EFFECT THAT ENHANCES OUR CHARACTER AND WELL-BEING.



# GRATITUDE JOURNAL

DATE

S M T W T F S

TAKE A MOMENT EACH DAY TO REFLECT ON THE THINGS YOU'RE THANKFUL FOR

*Day 3*

TODAY I'M GRATEFUL FOR

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THINGS THAT MADE ME SMILE TODAY



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SOMETHING THAT INSPIRED ME TODAY	PEOPLE, THINGS OR SITUATIONS I'M GRATEFUL TO HAVE IN MY LIFE TODAY

*Encouraging Scripture or Word of the Day*

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# GRATITUDE JOURNAL

DATE

S M T W T F S

TAKE A MOMENT EACH DAY TO REFLECT ON THE THINGS YOU'RE THANKFUL FOR

## Day 4

TODAY I'M GRATEFUL FOR

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THINGS THAT MADE ME SMILE TODAY



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SOMETHING THAT INSPIRED ME TODAY	PEOPLE, THINGS OR SITUATIONS I'M GRATEFUL TO HAVE IN MY LIFE TODAY

*Encouraging Scripture or Word of the Day*

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# GRATITUDE JOURNAL

DATE

S M T W T F S

TAKE A MOMENT EACH DAY TO REFLECT ON THE THINGS YOU'RE THANKFUL FOR

*Day 5*

TODAY I'M GRATEFUL FOR

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THINGS THAT MADE ME SMILE TODAY



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SOMETHING THAT INSPIRED ME TODAY	PEOPLE, THINGS OR SITUATIONS I'M GRATEFUL TO HAVE IN MY LIFE TODAY

*Encouraging Scripture or Word of the Day*

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# Daily Reflection

1. A healthy lunch
2. Going to a job I really enjoy
3. Being able to call a friend who lives far away

\_\_\_\_\_

Date:

\_\_\_\_\_

Water: 8 glasses

\_\_\_\_\_

Exercise: 1 hour

\_\_\_\_\_

*Today,* this good thing happened to me and I appreciate it because:

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*Today,* this not so good thing happened to me and this is how I handled it:

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*Today,* this thing made me happy:

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*Today,* I discovered this about myself:

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# GRATITUDE JOURNAL

DATE

S M T W T F S

TAKE A MOMENT EACH DAY TO REFLECT ON THE THINGS YOU'RE THANKFUL FOR

## Day 6

TODAY I'M GRATEFUL FOR

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THINGS THAT MADE ME SMILE TODAY



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SOMETHING THAT INSPIRED ME TODAY	PEOPLE, THINGS OR SITUATIONS I'M GRATEFUL TO HAVE IN MY LIFE TODAY

*Encouraging Scripture or Word of the Day*

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SCRIPTURE:

*“I can do all things through Christ who strengthens me.”*

– PHILIPPIANS 4:13

MEANING:

TRUST IN THE STRENGTH GOD PROVIDES TO OVERCOME  
CHALLENGES.

APPLICATION:

LEAN ON YOUR FAITH FOR MOTIVATION AS YOU MAKE  
LIFESTYLE CHANGES.



# GRATITUDE JOURNAL

DATE

S M T W T F S

TAKE A MOMENT EACH DAY TO REFLECT ON THE THINGS YOU'RE THANKFUL FOR

*Day 7*

TODAY I'M GRATEFUL FOR

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THINGS THAT MADE ME SMILE TODAY



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SOMETHING THAT INSPIRED ME TODAY	PEOPLE, THINGS OR SITUATIONS I'M GRATEFUL TO HAVE IN MY LIFE TODAY

*Encouraging Scripture or Word of the Day*

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# Daily Reflection

1. A healthy lunch
2. Going to a job I really enjoy
3. Being able to call a friend who lives far away

\_\_\_\_\_

Date:

\_\_\_\_\_

Water: 8 glasses

\_\_\_\_\_

Exercise: 1 hour

\_\_\_\_\_

*Today,* this good thing happened to me and I appreciate it because:

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*Today,* this not so good thing happened to me and this is how I handled it:

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*Today,* this thing made me happy:

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*Today,* I discovered this about myself:

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# GRATITUDE JOURNAL

DATE

S M T W T F S

TAKE A MOMENT EACH DAY TO REFLECT ON THE THINGS YOU'RE THANKFUL FOR

*Day 8*

TODAY I'M GRATEFUL FOR

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THINGS THAT MADE ME SMILE TODAY



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SOMETHING THAT INSPIRED ME TODAY	PEOPLE, THINGS OR SITUATIONS I'M GRATEFUL TO HAVE IN MY LIFE TODAY

*Encouraging Scripture or Word of the Day*

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SCRIPTURE:

*“The greatest glory in living lies not in never falling, but in rising every time we fall.”*

– NELSON MANDELA

MEANING:

RESILIENCE IS KEY TO SUCCESS.

APPLICATION:

VIEW SETBACKS AS OPPORTUNITIES TO LEARN AND GROW  
IN YOUR HEALTH JOURNEY.



# GRATITUDE JOURNAL

DATE

S M T W T F S

TAKE A MOMENT EACH DAY TO REFLECT ON THE THINGS YOU'RE THANKFUL FOR

*Day 9*

TODAY I'M GRATEFUL FOR

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THINGS THAT MADE ME SMILE TODAY



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SOMETHING THAT INSPIRED ME TODAY	PEOPLE, THINGS OR SITUATIONS I'M GRATEFUL TO HAVE IN MY LIFE TODAY

*Encouraging Scripture or Word of the Day*

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# Daily Reflection

1. A healthy lunch
2. Going to a job I really enjoy
3. Being able to call a friend who lives far away

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Date:

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Water: 8 glasses

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Exercise: 1 hour

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*Today,* this good thing happened to me and I appreciate it because:

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*Today,* this not so good thing happened to me and this is how I handled it:

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*Today,* this thing made me happy:

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*Today,* I discovered this about myself:

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# GRATITUDE JOURNAL

DATE

S M T W T F S

TAKE A MOMENT EACH DAY TO REFLECT ON THE THINGS YOU'RE THANKFUL FOR

*Day 10*

TODAY I'M GRATEFUL FOR

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THINGS THAT MADE ME SMILE TODAY



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SOMETHING THAT INSPIRED ME TODAY	PEOPLE, THINGS OR SITUATIONS I'M GRATEFUL TO HAVE IN MY LIFE TODAY

*Encouraging Scripture or Word of the Day*

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SCRIPTURE:

*“I can do all things through Christ who strengthens me.”*

– PHILIPPIANS 4:13

MEANING:

TRUST IN THE STRENGTH GOD PROVIDES TO OVERCOME  
CHALLENGES.

APPLICATION:

LEAN ON YOUR FAITH FOR MOTIVATION AS YOU MAKE  
LIFESTYLE CHANGES.



# GRATITUDE JOURNAL

DATE

S M T W T F S

TAKE A MOMENT EACH DAY TO REFLECT ON THE THINGS YOU'RE THANKFUL FOR

*Day 11*

TODAY I'M GRATEFUL FOR

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THINGS THAT MADE ME SMILE TODAY



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SOMETHING THAT INSPIRED ME TODAY	PEOPLE, THINGS OR SITUATIONS I'M GRATEFUL TO HAVE IN MY LIFE TODAY

*Encouraging Scripture or Word of the Day*

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# GRATITUDE JOURNAL

DATE

S M T W T F S

TAKE A MOMENT EACH DAY TO REFLECT ON THE THINGS YOU'RE THANKFUL FOR

*Day 12*

TODAY I'M GRATEFUL FOR

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THINGS THAT MADE ME SMILE TODAY



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SOMETHING THAT INSPIRED ME TODAY	PEOPLE, THINGS OR SITUATIONS I'M GRATEFUL TO HAVE IN MY LIFE TODAY

*Encouraging Scripture or Word of the Day*

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# Daily Reflection

1. A healthy lunch
2. Going to a job I really enjoy
3. Being able to call a friend who lives far away

Date: \_\_\_\_\_

Water: 8 glasses

Exercise: 1 hour

*Today,* this good thing happened to me and I appreciate it because:

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*Today,* this not so good thing happened to me and this is how I handled it:

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*Today,* this thing made me happy:

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*Today,* I discovered this about myself:

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SCRIPTURE:

*“For I know the plans I have for you,” declares the Lord,  
“plans to prosper you and not to harm you, plans to give you  
hope and a future.”*

– JEREMIAH 29:11

MEANING:

GOD HAS A POSITIVE PLAN FOR YOUR LIFE.

APPLICATION:

TRUST IN HIS GUIDANCE AS YOU STRIVE FOR BETTER HEALTH.



# GRATITUDE JOURNAL

DATE

S M T W T F S

TAKE A MOMENT EACH DAY TO REFLECT ON THE THINGS YOU'RE THANKFUL FOR

*Day 13*

TODAY I'M GRATEFUL FOR

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THINGS THAT MADE ME SMILE TODAY



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SOMETHING THAT INSPIRED ME TODAY	PEOPLE, THINGS OR SITUATIONS I'M GRATEFUL TO HAVE IN MY LIFE TODAY

*Encouraging Scripture or Word of the Day*

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# GRATITUDE JOURNAL

DATE

S M T W T F S

TAKE A MOMENT EACH DAY TO REFLECT ON THE THINGS YOU'RE THANKFUL FOR

*Day 14*

TODAY I'M GRATEFUL FOR

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THINGS THAT MADE ME SMILE TODAY



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SOMETHING THAT INSPIRED ME TODAY	PEOPLE, THINGS OR SITUATIONS I'M GRATEFUL TO HAVE IN MY LIFE TODAY

*Encouraging Scripture or Word of the Day*

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# Daily Reflection

1. A healthy lunch
2. Going to a job I really enjoy
3. Being able to call a friend who lives far away

Date: \_\_\_\_\_

Water: 8 glasses

Exercise: 1 hour

*Today,* this good thing happened to me and I appreciate it because:

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*Today,* this not so good thing happened to me and this is how I handled it:

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*Today,* this thing made me happy:

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*Today,* I discovered this about myself:

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SCRIPTURE:

*“The only way to make sense out of change is to plunge into it, move with it, and join the dance.”*

– ALAN WATTS

MEANING:

EMBRACE CHANGE AS A NATURAL PART OF LIFE.

APPLICATION:

ACCEPT THE CHANGES IN YOUR DIET AND EXERCISE AS PART OF YOUR JOURNEY.



# GRATITUDE JOURNAL

DATE

S M T W T F S

TAKE A MOMENT EACH DAY TO REFLECT ON THE THINGS YOU'RE THANKFUL FOR

*Day 15*

TODAY I'M GRATEFUL FOR

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THINGS THAT MADE ME SMILE TODAY



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SOMETHING THAT INSPIRED ME TODAY	PEOPLE, THINGS OR SITUATIONS I'M GRATEFUL TO HAVE IN MY LIFE TODAY

*Encouraging Scripture or Word of the Day*

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# Daily Reflection

1. A healthy lunch
2. Going to a job I really enjoy
3. Being able to call a friend who lives far away

Date: \_\_\_\_\_

Water: 8 glasses

Exercise: 1 hour

*Today,* this good thing happened to me and I appreciate it because:

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*Today,* this not so good thing happened to me and this is how I handled it:

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*Today,* this thing made me happy:

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*Today,* I discovered this about myself:

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# GRATITUDE JOURNAL

DATE

S M T W T F S

TAKE A MOMENT EACH DAY TO REFLECT ON THE THINGS YOU'RE THANKFUL FOR

*Day 16*

TODAY I'M GRATEFUL FOR

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THINGS THAT MADE ME SMILE TODAY



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SOMETHING THAT INSPIRED ME TODAY	PEOPLE, THINGS OR SITUATIONS I'M GRATEFUL TO HAVE IN MY LIFE TODAY

*Encouraging Scripture or Word of the Day*

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# Daily Reflection

1. A healthy lunch
2. Going to a job I really enjoy
3. Being able to call a friend who lives far away

Date: \_\_\_\_\_

Water: 8 glasses

Exercise: 1 hour

*Today,* this good thing happened to me and I appreciate it because:

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*Today,* this not so good thing happened to me and this is how I handled it:

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*Today,* this thing made me happy:

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*Today,* I discovered this about myself:

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# GRATITUDE JOURNAL

DATE

S M T W T F S

TAKE A MOMENT EACH DAY TO REFLECT ON THE THINGS YOU'RE THANKFUL FOR

*Day 17*

TODAY I'M GRATEFUL FOR

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THINGS THAT MADE ME SMILE TODAY



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SOMETHING THAT INSPIRED ME TODAY	PEOPLE, THINGS OR SITUATIONS I'M GRATEFUL TO HAVE IN MY LIFE TODAY

*Encouraging Scripture or Word of the Day*

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# Daily Reflection

1. A healthy lunch
2. Going to a job I really enjoy
3. Being able to call a friend who lives far away

Date: \_\_\_\_\_

Water: 8 glasses

Exercise: 1 hour

*Today,* this good thing happened to me and I appreciate it because:

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*Today,* this not so good thing happened to me and this is how I handled it:

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*Today,* this thing made me happy:

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*Today,* I discovered this about myself:

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# GRATITUDE JOURNAL

DATE

S M T W T F S

TAKE A MOMENT EACH DAY TO REFLECT ON THE THINGS YOU'RE THANKFUL FOR

*Day 18*

TODAY I'M GRATEFUL FOR

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THINGS THAT MADE ME SMILE TODAY



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SOMETHING THAT INSPIRED ME TODAY	PEOPLE, THINGS OR SITUATIONS I'M GRATEFUL TO HAVE IN MY LIFE TODAY

*Encouraging Scripture or Word of the Day*

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# Daily Reflection

1. A healthy lunch
2. Going to a job I really enjoy
3. Being able to call a friend who lives far away

Date: \_\_\_\_\_

Water: 8 glasses

Exercise: 1 hour

*Today,* this good thing happened to me and I appreciate it because:

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*Today,* this not so good thing happened to me and this is how I handled it:

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*Today,* this thing made me happy:

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*Today,* I discovered this about myself:

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# GRATITUDE JOURNAL

DATE

S M T W T F S

TAKE A MOMENT EACH DAY TO REFLECT ON THE THINGS YOU'RE THANKFUL FOR

*Day 19*

TODAY I'M GRATEFUL FOR

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THINGS THAT MADE ME SMILE TODAY



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SOMETHING THAT INSPIRED ME TODAY	PEOPLE, THINGS OR SITUATIONS I'M GRATEFUL TO HAVE IN MY LIFE TODAY

*Encouraging Scripture or Word of the Day*

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# Daily Reflection

1. A healthy lunch
2. Going to a job I really enjoy
3. Being able to call a friend who lives far away

Date: \_\_\_\_\_

Water: 8 glasses

Exercise: 1 hour

*Today,* this good thing happened to me and I appreciate it because:

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*Today,* this not so good thing happened to me and this is how I handled it:

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*Today,* this thing made me happy:

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*Today,* I discovered this about myself:

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# GRATITUDE JOURNAL

DATE

S M T W T F S

TAKE A MOMENT EACH DAY TO REFLECT ON THE THINGS YOU'RE THANKFUL FOR

*Day 20*

TODAY I'M GRATEFUL FOR

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THINGS THAT MADE ME SMILE TODAY



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SOMETHING THAT INSPIRED ME TODAY	PEOPLE, THINGS OR SITUATIONS I'M GRATEFUL TO HAVE IN MY LIFE TODAY

*Encouraging Scripture or Word of the Day*

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# Daily Reflection

1. A healthy lunch
2. Going to a job I really enjoy
3. Being able to call a friend who lives far away

Date: \_\_\_\_\_

Water: 8 glasses

Exercise: 1 hour

*Today,* this good thing happened to me and I appreciate it because:

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*Today,* this not so good thing happened to me and this is how I handled it:

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*Today,* this thing made me happy:

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*Today,* I discovered this about myself:

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# GRATITUDE JOURNAL

DATE

S M T W T F S

TAKE A MOMENT EACH DAY TO REFLECT ON THE THINGS YOU'RE THANKFUL FOR

*Day 21*

TODAY I'M GRATEFUL FOR

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THINGS THAT MADE ME SMILE TODAY



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SOMETHING THAT INSPIRED ME TODAY	PEOPLE, THINGS OR SITUATIONS I'M GRATEFUL TO HAVE IN MY LIFE TODAY

*Encouraging Scripture or Word of the Day*

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# Daily Reflection

1. A healthy lunch
2. Going to a job I really enjoy
3. Being able to call a friend who lives far away

\_\_\_\_\_

Date:

\_\_\_\_\_

Water: 8 glasses

\_\_\_\_\_

Exercise: 1 hour

\_\_\_\_\_

*Today,* this good thing happened to me and I appreciate it because:

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*Today,* this not so good thing happened to me and this is how I handled it:

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*Today,* this thing made me happy:

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*Today,* I discovered this about myself:

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# GRATITUDE JOURNAL

DATE

S M T W T F S

TAKE A MOMENT EACH DAY TO REFLECT ON THE THINGS YOU'RE THANKFUL FOR

*Day 22*

TODAY I'M GRATEFUL FOR

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THINGS THAT MADE ME SMILE TODAY



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SOMETHING THAT INSPIRED ME TODAY	PEOPLE, THINGS OR SITUATIONS I'M GRATEFUL TO HAVE IN MY LIFE TODAY


*Encouraging Scripture or Word of the Day*

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# Daily Reflection

1. A healthy lunch
2. Going to a job I really enjoy
3. Being able to call a friend who lives far away

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Date:

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Water: 8 glasses

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Exercise: 1 hour

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*Today,* this good thing happened to me and I appreciate it because:

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*Today,* this not so good thing happened to me and this is how I handled it:

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*Today,* this thing made me happy:

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*Today,* I discovered this about myself:

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# GRATITUDE JOURNAL

DATE

S M T W T F S

TAKE A MOMENT EACH DAY TO REFLECT ON THE THINGS YOU'RE THANKFUL FOR

*Day 23*

TODAY I'M GRATEFUL FOR

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THINGS THAT MADE ME SMILE TODAY



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SOMETHING THAT INSPIRED ME TODAY	PEOPLE, THINGS OR SITUATIONS I'M GRATEFUL TO HAVE IN MY LIFE TODAY

*Encouraging Scripture or Word of the Day*

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# Daily Reflection

1. A healthy lunch
2. Going to a job I really enjoy
3. Being able to call a friend who lives far away

\_\_\_\_\_

Date:

\_\_\_\_\_

Water: 8 glasses

\_\_\_\_\_

Exercise: 1 hour

\_\_\_\_\_

*Today,* this good thing happened to me and I appreciate it because:

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*Today,* this not so good thing happened to me and this is how I handled it:

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*Today,* this thing made me happy:

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*Today,* I discovered this about myself:

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# GRATITUDE JOURNAL

DATE

S M T W T F S

TAKE A MOMENT EACH DAY TO REFLECT ON THE THINGS YOU'RE THANKFUL FOR

*Day 24*

TODAY I'M GRATEFUL FOR

1

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2

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3

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THINGS THAT MADE ME SMILE TODAY



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SOMETHING THAT INSPIRED ME TODAY	PEOPLE, THINGS OR SITUATIONS I'M GRATEFUL TO HAVE IN MY LIFE TODAY

*Encouraging Scripture or Word of the Day*

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# Daily Reflection

1. A healthy lunch
2. Going to a job I really enjoy
3. Being able to call a friend who lives far away

\_\_\_\_\_

Date:

\_\_\_\_\_

Water: 8 glasses

\_\_\_\_\_

Exercise: 1 hour

\_\_\_\_\_

*Today,* this good thing happened to me and I appreciate it because:

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*Today,* this not so good thing happened to me and this is how I handled it:

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*Today,* this thing made me happy:

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*Today,* I discovered this about myself:

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# GRATITUDE JOURNAL

DATE

S M T W T F S

TAKE A MOMENT EACH DAY TO REFLECT ON THE THINGS YOU'RE THANKFUL FOR

*Day 25*

TODAY I'M GRATEFUL FOR

1

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2

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3

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THINGS THAT MADE ME SMILE TODAY



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SOMETHING THAT INSPIRED ME TODAY	PEOPLE, THINGS OR SITUATIONS I'M GRATEFUL TO HAVE IN MY LIFE TODAY

*Encouraging Scripture or Word of the Day*

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# Daily Reflection

1. A healthy lunch
2. Going to a job I really enjoy
3. Being able to call a friend who lives far away

\_\_\_\_\_

Date:

\_\_\_\_\_

Water: 8 glasses

\_\_\_\_\_

Exercise: 1 hour

\_\_\_\_\_

*Today,* this good thing happened to me and I appreciate it because:

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*Today,* this not so good thing happened to me and this is how I handled it:

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*Today,* this thing made me happy:

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*Today,* I discovered this about myself:

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# GRATITUDE JOURNAL

DATE

S M T W T F S

TAKE A MOMENT EACH DAY TO REFLECT ON THE THINGS YOU'RE THANKFUL FOR

*Day 26*

TODAY I'M GRATEFUL FOR

1

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2

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3

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THINGS THAT MADE ME SMILE TODAY



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SOMETHING THAT INSPIRED ME TODAY	PEOPLE, THINGS OR SITUATIONS I'M GRATEFUL TO HAVE IN MY LIFE TODAY


*Encouraging Scripture or Word of the Day*

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# Daily Reflection

1. A healthy lunch
2. Going to a job I really enjoy
3. Being able to call a friend who lives far away

\_\_\_\_\_

Date:

\_\_\_\_\_

Water: 8 glasses

\_\_\_\_\_

Exercise: 1 hour

\_\_\_\_\_

*Today,* this good thing happened to me and I appreciate it because:

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*Today,* this not so good thing happened to me and this is how I handled it:

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*Today,* this thing made me happy:

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*Today,* I discovered this about myself:

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# GRATITUDE JOURNAL

DATE

S M T W T F S

TAKE A MOMENT EACH DAY TO REFLECT ON THE THINGS YOU'RE THANKFUL FOR

*Day 27*

TODAY I'M GRATEFUL FOR

1

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2

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3

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THINGS THAT MADE ME SMILE TODAY



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SOMETHING THAT INSPIRED ME TODAY	PEOPLE, THINGS OR SITUATIONS I'M GRATEFUL TO HAVE IN MY LIFE TODAY

*Encouraging Scripture or Word of the Day*

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# Daily Reflection

1. A healthy lunch
2. Going to a job I really enjoy
3. Being able to call a friend who lives far away

\_\_\_\_\_

Date:

\_\_\_\_\_

Water: 8 glasses

\_\_\_\_\_

Exercise: 1 hour

\_\_\_\_\_

*Today,* this good thing happened to me and I appreciate it because:

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*Today,* this not so good thing happened to me and this is how I handled it:

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*Today,* this thing made me happy:

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*Today,* I discovered this about myself:

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# GRATITUDE JOURNAL

DATE

S M T W T F S

TAKE A MOMENT EACH DAY TO REFLECT ON THE THINGS YOU'RE THANKFUL FOR

*Day 28*

TODAY I'M GRATEFUL FOR

1

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2

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3

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THINGS THAT MADE ME SMILE TODAY



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SOMETHING THAT INSPIRED ME TODAY	PEOPLE, THINGS OR SITUATIONS I'M GRATEFUL TO HAVE IN MY LIFE TODAY

*Encouraging Scripture or Word of the Day*

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# Daily Reflection

1. A healthy lunch
2. Going to a job I really enjoy
3. Being able to call a friend who lives far away

\_\_\_\_\_

Date:

\_\_\_\_\_

Water: 8 glasses

\_\_\_\_\_

Exercise: 1 hour

\_\_\_\_\_

*Today,* this good thing happened to me and I appreciate it because:

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---

*Today,* this not so good thing happened to me and this is how I handled it:

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*Today,* this thing made me happy:

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*Today,* I discovered this about myself:

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# GRATITUDE JOURNAL

DATE

S M T W T F S

TAKE A MOMENT EACH DAY TO REFLECT ON THE THINGS YOU'RE THANKFUL FOR

*Day 29*

TODAY I'M GRATEFUL FOR

1

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2

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3

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THINGS THAT MADE ME SMILE TODAY



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SOMETHING THAT INSPIRED ME TODAY	PEOPLE, THINGS OR SITUATIONS I'M GRATEFUL TO HAVE IN MY LIFE TODAY

*Encouraging Scripture or Word of the Day*

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# Daily Reflection

1. A healthy lunch
2. Going to a job I really enjoy
3. Being able to call a friend who lives far away

\_\_\_\_\_

Date:

\_\_\_\_\_

Water: 8 glasses

\_\_\_\_\_

Exercise: 1 hour

\_\_\_\_\_

*Today,* this good thing happened to me and I appreciate it because:

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*Today,* this not so good thing happened to me and this is how I handled it:

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*Today,* this thing made me happy:

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*Today,* I discovered this about myself:

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# GRATITUDE JOURNAL

DATE

S M T W T F S

TAKE A MOMENT EACH DAY TO REFLECT ON THE THINGS YOU'RE THANKFUL FOR

*Day 30*

TODAY I'M GRATEFUL FOR

1

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2

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3

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THINGS THAT MADE ME SMILE TODAY



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SOMETHING THAT INSPIRED ME TODAY	PEOPLE, THINGS OR SITUATIONS I'M GRATEFUL TO HAVE IN MY LIFE TODAY

*Encouraging Scripture or Word of the Day*

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# Daily Reflection

1. A healthy lunch
2. Going to a job I really enjoy
3. Being able to call a friend who lives far away

\_\_\_\_\_

Date:

\_\_\_\_\_

Water: 8 glasses

\_\_\_\_\_

Exercise: 1 hour

\_\_\_\_\_

*Today,* this good thing happened to me and I appreciate it because:

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*Today,* this not so good thing happened to me and this is how I handled it:

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*Today,* this thing made me happy:

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*Today,* I discovered this about myself:

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# GRATITUDE JOURNAL

DATE

S M T W T F S

TAKE A MOMENT EACH DAY TO REFLECT ON THE THINGS YOU'RE THANKFUL FOR

*Day 31*

TODAY I'M GRATEFUL FOR

1

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2

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3

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THINGS THAT MADE ME SMILE TODAY



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SOMETHING THAT INSPIRED ME TODAY	PEOPLE, THINGS OR SITUATIONS I'M GRATEFUL TO HAVE IN MY LIFE TODAY

*Encouraging Scripture or Word of the Day*

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# Daily Reflection

1. A healthy lunch
2. Going to a job I really enjoy
3. Being able to call a friend who lives far away

\_\_\_\_\_

Date:

\_\_\_\_\_

Water: 8 glasses

\_\_\_\_\_

Exercise: 1 hour

\_\_\_\_\_

*Today,* this good thing happened to me and I appreciate it because:

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*Today,* this not so good thing happened to me and this is how I handled it:

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*Today,* this thing made me happy:

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*Today,* I discovered this about myself:

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# GRATITUDE JOURNAL

DATE

S M T W T F S

TAKE A MOMENT EACH DAY TO REFLECT ON THE THINGS YOU'RE THANKFUL FOR

*Day 32*

TODAY I'M GRATEFUL FOR

1

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2

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THINGS THAT MADE ME SMILE TODAY



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SOMETHING THAT INSPIRED ME TODAY	PEOPLE, THINGS OR SITUATIONS I'M GRATEFUL TO HAVE IN MY LIFE TODAY

*Encouraging Scripture or Word of the Day*

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# Daily Reflection

1. A healthy lunch
2. Going to a job I really enjoy
3. Being able to call a friend who lives far away

\_\_\_\_\_

Date:

\_\_\_\_\_

Water: 8 glasses

\_\_\_\_\_

Exercise: 1 hour

\_\_\_\_\_

*Today,* this good thing happened to me and I appreciate it because:

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*Today,* this not so good thing happened to me and this is how I handled it:

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*Today,* this thing made me happy:

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*Today,* I discovered this about myself:

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# GRATITUDE JOURNAL

DATE

S M T W T F S

TAKE A MOMENT EACH DAY TO REFLECT ON THE THINGS YOU'RE THANKFUL FOR

*Day 33*

TODAY I'M GRATEFUL FOR

1

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2

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3

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THINGS THAT MADE ME SMILE TODAY



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SOMETHING THAT INSPIRED ME TODAY	PEOPLE, THINGS OR SITUATIONS I'M GRATEFUL TO HAVE IN MY LIFE TODAY

*Encouraging Scripture or Word of the Day*

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# Daily Reflection

1. A healthy lunch
2. Going to a job I really enjoy
3. Being able to call a friend who lives far away

\_\_\_\_\_

Date:

\_\_\_\_\_

Water: 8 glasses

\_\_\_\_\_

Exercise: 1 hour

\_\_\_\_\_

*Today,* this good thing happened to me and I appreciate it because:

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*Today,* this not so good thing happened to me and this is how I handled it:

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*Today,* this thing made me happy:

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*Today,* I discovered this about myself:

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# GRATITUDE JOURNAL

DATE

S M T W T F S

TAKE A MOMENT EACH DAY TO REFLECT ON THE THINGS YOU'RE THANKFUL FOR

*Day 34*

TODAY I'M GRATEFUL FOR

1

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2

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3

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THINGS THAT MADE ME SMILE TODAY



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SOMETHING THAT INSPIRED ME TODAY	PEOPLE, THINGS OR SITUATIONS I'M GRATEFUL TO HAVE IN MY LIFE TODAY

*Encouraging Scripture or Word of the Day*

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# Daily Reflection

1. A healthy lunch
2. Going to a job I really enjoy
3. Being able to call a friend who lives far away

Date: \_\_\_\_\_

Water: 8 glasses

Exercise: 1 hour

*Today,* this good thing happened to me and I appreciate it because:

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*Today,* this not so good thing happened to me and this is how I handled it:

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*Today,* this thing made me happy:

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*Today,* I discovered this about myself:

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# GRATITUDE JOURNAL

DATE

S M T W T F S

TAKE A MOMENT EACH DAY TO REFLECT ON THE THINGS YOU'RE THANKFUL FOR

*Day 35*

TODAY I'M GRATEFUL FOR

1

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2

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THINGS THAT MADE ME SMILE TODAY



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SOMETHING THAT INSPIRED ME TODAY	PEOPLE, THINGS OR SITUATIONS I'M GRATEFUL TO HAVE IN MY LIFE TODAY

*Encouraging Scripture or Word of the Day*

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# Daily Reflection

1. A healthy lunch
2. Going to a job I really enjoy
3. Being able to call a friend who lives far away

\_\_\_\_\_

Date:

\_\_\_\_\_

Water: 8 glasses

\_\_\_\_\_

Exercise: 1 hour

\_\_\_\_\_

*Today,* this good thing happened to me and I appreciate it because:

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---

*Today,* this not so good thing happened to me and this is how I handled it:

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*Today,* this thing made me happy:

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*Today,* I discovered this about myself:

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# GRATITUDE JOURNAL

DATE

S M T W T F S

TAKE A MOMENT EACH DAY TO REFLECT ON THE THINGS YOU'RE THANKFUL FOR

*Day 36*

TODAY I'M GRATEFUL FOR

1

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2

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THINGS THAT MADE ME SMILE TODAY



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SOMETHING THAT INSPIRED ME TODAY	PEOPLE, THINGS OR SITUATIONS I'M GRATEFUL TO HAVE IN MY LIFE TODAY

*Encouraging Scripture or Word of the Day*

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# Daily Reflection

1. A healthy lunch
2. Going to a job I really enjoy
3. Being able to call a friend who lives far away

Date: \_\_\_\_\_

Water: 8 glasses

Exercise: 1 hour

*Today,* this good thing happened to me and I appreciate it because:

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*Today,* this not so good thing happened to me and this is how I handled it:

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*Today,* this thing made me happy:

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*Today,* I discovered this about myself:

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# GRATITUDE JOURNAL

DATE

S M T W T F S

TAKE A MOMENT EACH DAY TO REFLECT ON THE THINGS YOU'RE THANKFUL FOR

*Day 37*

TODAY I'M GRATEFUL FOR

1

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2

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3

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THINGS THAT MADE ME SMILE TODAY



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SOMETHING THAT INSPIRED ME TODAY	PEOPLE, THINGS OR SITUATIONS I'M GRATEFUL TO HAVE IN MY LIFE TODAY

*Encouraging Scripture or Word of the Day*

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# Daily Reflection

1. A healthy lunch
2. Going to a job I really enjoy
3. Being able to call a friend who lives far away

\_\_\_\_\_

Date:

\_\_\_\_\_

Water: 8 glasses

\_\_\_\_\_

Exercise: 1 hour

\_\_\_\_\_

*Today,* this good thing happened to me and I appreciate it because:

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---

*Today,* this not so good thing happened to me and this is how I handled it:

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*Today,* this thing made me happy:

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*Today,* I discovered this about myself:

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# GRATITUDE JOURNAL

DATE

S M T W T F S

TAKE A MOMENT EACH DAY TO REFLECT ON THE THINGS YOU'RE THANKFUL FOR

*Day 38*

TODAY I'M GRATEFUL FOR

1

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2

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3

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THINGS THAT MADE ME SMILE TODAY



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SOMETHING THAT INSPIRED ME TODAY	PEOPLE, THINGS OR SITUATIONS I'M GRATEFUL TO HAVE IN MY LIFE TODAY

*Encouraging Scripture or Word of the Day*

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# Daily Reflection

1. A healthy lunch
2. Going to a job I really enjoy
3. Being able to call a friend who lives far away

\_\_\_\_\_

Date:

\_\_\_\_\_

Water: 8 glasses

\_\_\_\_\_

Exercise: 1 hour

\_\_\_\_\_

*Today,* this good thing happened to me and I appreciate it because:

---

---

---

---

*Today,* this not so good thing happened to me and this is how I handled it:

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*Today,* this thing made me happy:

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*Today,* I discovered this about myself:

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# GRATITUDE JOURNAL

DATE

S M T W T F S

TAKE A MOMENT EACH DAY TO REFLECT ON THE THINGS YOU'RE THANKFUL FOR

*Day 39*

TODAY I'M GRATEFUL FOR

1

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2

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3

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THINGS THAT MADE ME SMILE TODAY



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SOMETHING THAT INSPIRED ME TODAY	PEOPLE, THINGS OR SITUATIONS I'M GRATEFUL TO HAVE IN MY LIFE TODAY

*Encouraging Scripture or Word of the Day*

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# Daily Reflection

1. A healthy lunch
2. Going to a job I really enjoy
3. Being able to call a friend who lives far away

Date: \_\_\_\_\_

Water: 8 glasses

Exercise: 1 hour

*Today,* this good thing happened to me and I appreciate it because:

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*Today,* this not so good thing happened to me and this is how I handled it:

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*Today,* this thing made me happy:

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*Today,* I discovered this about myself:

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# GRATITUDE JOURNAL

DATE

S M T W T F S

TAKE A MOMENT EACH DAY TO REFLECT ON THE THINGS YOU'RE THANKFUL FOR

*Day 40*

TODAY I'M GRATEFUL FOR

1

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2

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3

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THINGS THAT MADE ME SMILE TODAY



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SOMETHING THAT INSPIRED ME TODAY	PEOPLE, THINGS OR SITUATIONS I'M GRATEFUL TO HAVE IN MY LIFE TODAY

*Encouraging Scripture or Word of the Day*

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# Daily Reflection

1. A healthy lunch
2. Going to a job I really enjoy
3. Being able to call a friend who lives far away

\_\_\_\_\_

Date:

\_\_\_\_\_

Water: 8 glasses

\_\_\_\_\_

Exercise: 1 hour

\_\_\_\_\_

*Today,* this good thing happened to me and I appreciate it because:

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*Today,* this not so good thing happened to me and this is how I handled it:

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*Today,* this thing made me happy:

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*Today,* I discovered this about myself:

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# GRATITUDE JOURNAL

DATE

S M T W T F S

TAKE A MOMENT EACH DAY TO REFLECT ON THE THINGS YOU'RE THANKFUL FOR

*Day 41*

TODAY I'M GRATEFUL FOR

1

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2

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3

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THINGS THAT MADE ME SMILE TODAY



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SOMETHING THAT INSPIRED ME TODAY	PEOPLE, THINGS OR SITUATIONS I'M GRATEFUL TO HAVE IN MY LIFE TODAY

*Encouraging Scripture or Word of the Day*

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# Daily Reflection

1. A healthy lunch
2. Going to a job I really enjoy
3. Being able to call a friend who lives far away

Date: \_\_\_\_\_

Water: 8 glasses

Exercise: 1 hour

*Today,* this good thing happened to me and I appreciate it because:

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*Today,* this not so good thing happened to me and this is how I handled it:

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*Today,* this thing made me happy:

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*Today,* I discovered this about myself:

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# GRATITUDE JOURNAL

DATE

S M T W T F S

TAKE A MOMENT EACH DAY TO REFLECT ON THE THINGS YOU'RE THANKFUL FOR

*Day 42*

TODAY I'M GRATEFUL FOR

1

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2

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3

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THINGS THAT MADE ME SMILE TODAY



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SOMETHING THAT INSPIRED ME TODAY	PEOPLE, THINGS OR SITUATIONS I'M GRATEFUL TO HAVE IN MY LIFE TODAY

*Encouraging Scripture or Word of the Day*

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# Daily Reflection

1. A healthy lunch
2. Going to a job I really enjoy
3. Being able to call a friend who lives far away

Date: \_\_\_\_\_

Water: 8 glasses

Exercise: 1 hour

*Today,* this good thing happened to me and I appreciate it because:

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*Today,* this not so good thing happened to me and this is how I handled it:

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*Today,* this thing made me happy:

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*Today,* I discovered this about myself:

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# GRATITUDE JOURNAL

DATE

S M T W T F S

TAKE A MOMENT EACH DAY TO REFLECT ON THE THINGS YOU'RE THANKFUL FOR

*Day 43*

TODAY I'M GRATEFUL FOR

1

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THINGS THAT MADE ME SMILE TODAY



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SOMETHING THAT INSPIRED ME TODAY	PEOPLE, THINGS OR SITUATIONS I'M GRATEFUL TO HAVE IN MY LIFE TODAY

*Encouraging Scripture or Word of the Day*

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# Daily Reflection

1. A healthy lunch
2. Going to a job I really enjoy
3. Being able to call a friend who lives far away

\_\_\_\_\_

Date:

\_\_\_\_\_

Water: 8 glasses

\_\_\_\_\_

Exercise: 1 hour

\_\_\_\_\_

*Today,* this good thing happened to me and I appreciate it because:

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*Today,* this not so good thing happened to me and this is how I handled it:

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*Today,* this thing made me happy:

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*Today,* I discovered this about myself:

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# GRATITUDE JOURNAL

DATE

S M T W T F S

TAKE A MOMENT EACH DAY TO REFLECT ON THE THINGS YOU'RE THANKFUL FOR

*Day 44*

TODAY I'M GRATEFUL FOR

1

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2

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3

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THINGS THAT MADE ME SMILE TODAY



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SOMETHING THAT INSPIRED ME TODAY	PEOPLE, THINGS OR SITUATIONS I'M GRATEFUL TO HAVE IN MY LIFE TODAY

*Encouraging Scripture or Word of the Day*

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# Daily Reflection

1. A healthy lunch
2. Going to a job I really enjoy
3. Being able to call a friend who lives far away

Date: \_\_\_\_\_

Water: 8 glasses

Exercise: 1 hour

*Today,* this good thing happened to me and I appreciate it because:

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*Today,* this not so good thing happened to me and this is how I handled it:

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*Today,* this thing made me happy:

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*Today,* I discovered this about myself:

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# GRATITUDE JOURNAL

DATE

S M T W T F S

TAKE A MOMENT EACH DAY TO REFLECT ON THE THINGS YOU'RE THANKFUL FOR

*Day 45*

TODAY I'M GRATEFUL FOR

1

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2

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3

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THINGS THAT MADE ME SMILE TODAY



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SOMETHING THAT INSPIRED ME TODAY	PEOPLE, THINGS OR SITUATIONS I'M GRATEFUL TO HAVE IN MY LIFE TODAY

*Encouraging Scripture or Word of the Day*

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# Daily Reflection

1. A healthy lunch
2. Going to a job I really enjoy
3. Being able to call a friend who lives far away

Date: \_\_\_\_\_

Water: 8 glasses

Exercise: 1 hour

*Today,* this good thing happened to me and I appreciate it because:

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*Today,* this not so good thing happened to me and this is how I handled it:

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*Today,* this thing made me happy:

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*Today,* I discovered this about myself:

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# GRATITUDE JOURNAL

DATE

S M T W T F S

TAKE A MOMENT EACH DAY TO REFLECT ON THE THINGS YOU'RE THANKFUL FOR

*Day 46*

TODAY I'M GRATEFUL FOR

1

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2

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3

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THINGS THAT MADE ME SMILE TODAY



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SOMETHING THAT INSPIRED ME TODAY	PEOPLE, THINGS OR SITUATIONS I'M GRATEFUL TO HAVE IN MY LIFE TODAY

*Encouraging Scripture or Word of the Day*

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# Daily Reflection

1. A healthy lunch
2. Going to a job I really enjoy
3. Being able to call a friend who lives far away

Date: \_\_\_\_\_

Water: 8 glasses

Exercise: 1 hour

*Today,* this good thing happened to me and I appreciate it because:

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*Today,* this not so good thing happened to me and this is how I handled it:

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*Today,* this thing made me happy:

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*Today,* I discovered this about myself:

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# GRATITUDE JOURNAL

DATE

S M T W T F S

TAKE A MOMENT EACH DAY TO REFLECT ON THE THINGS YOU'RE THANKFUL FOR

*Day 47*

TODAY I'M GRATEFUL FOR

1

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2

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THINGS THAT MADE ME SMILE TODAY



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SOMETHING THAT INSPIRED ME TODAY	PEOPLE, THINGS OR SITUATIONS I'M GRATEFUL TO HAVE IN MY LIFE TODAY

*Encouraging Scripture or Word of the Day*

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# Daily Reflection

1. A healthy lunch
2. Going to a job I really enjoy
3. Being able to call a friend who lives far away

Date: \_\_\_\_\_

Water: 8 glasses

Exercise: 1 hour

*Today,* this good thing happened to me and I appreciate it because:

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*Today,* this not so good thing happened to me and this is how I handled it:

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*Today,* this thing made me happy:

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*Today,* I discovered this about myself:

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# GRATITUDE JOURNAL

DATE

S M T W T F S

TAKE A MOMENT EACH DAY TO REFLECT ON THE THINGS YOU'RE THANKFUL FOR

*Day 48*

TODAY I'M GRATEFUL FOR

1

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2

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THINGS THAT MADE ME SMILE TODAY



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SOMETHING THAT INSPIRED ME TODAY	PEOPLE, THINGS OR SITUATIONS I'M GRATEFUL TO HAVE IN MY LIFE TODAY

*Encouraging Scripture or Word of the Day*

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# Daily Reflection

1. A healthy lunch
2. Going to a job I really enjoy
3. Being able to call a friend who lives far away

Date: \_\_\_\_\_

Water: 8 glasses

Exercise: 1 hour

*Today,* this good thing happened to me and I appreciate it because:

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*Today,* this not so good thing happened to me and this is how I handled it:

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*Today,* this thing made me happy:

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*Today,* I discovered this about myself:

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# GRATITUDE JOURNAL

DATE

S M T W T F S

TAKE A MOMENT EACH DAY TO REFLECT ON THE THINGS YOU'RE THANKFUL FOR

*Day 49*

TODAY I'M GRATEFUL FOR

1

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THINGS THAT MADE ME SMILE TODAY



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SOMETHING THAT INSPIRED ME TODAY	PEOPLE, THINGS OR SITUATIONS I'M GRATEFUL TO HAVE IN MY LIFE TODAY

*Encouraging Scripture or Word of the Day*

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# Daily Reflection

1. A healthy lunch
2. Going to a job I really enjoy
3. Being able to call a friend who lives far away

Date: \_\_\_\_\_

Water: 8 glasses

Exercise: 1 hour

*Today,* this good thing happened to me and I appreciate it because:

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*Today,* this not so good thing happened to me and this is how I handled it:

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*Today,* this thing made me happy:

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*Today,* I discovered this about myself:

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# GRATITUDE JOURNAL

DATE

S M T W T F S

TAKE A MOMENT EACH DAY TO REFLECT ON THE THINGS YOU'RE THANKFUL FOR

*Day 50*

TODAY I'M GRATEFUL FOR

1

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3

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THINGS THAT MADE ME SMILE TODAY



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SOMETHING THAT INSPIRED ME TODAY	PEOPLE, THINGS OR SITUATIONS I'M GRATEFUL TO HAVE IN MY LIFE TODAY

*Encouraging Scripture or Word of the Day*

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# Daily Reflection

1. A healthy lunch
2. Going to a job I really enjoy
3. Being able to call a friend who lives far away

Date: \_\_\_\_\_

Water: 8 glasses

Exercise: 1 hour

*Today,* this good thing happened to me and I appreciate it because:

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*Today,* this not so good thing happened to me and this is how I handled it:

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*Today,* this thing made me happy:

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*Today,* I discovered this about myself:

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# GRATITUDE JOURNAL

DATE

S M T W T F S

TAKE A MOMENT EACH DAY TO REFLECT ON THE THINGS YOU'RE THANKFUL FOR

*Day 51*

TODAY I'M GRATEFUL FOR

1

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THINGS THAT MADE ME SMILE TODAY



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SOMETHING THAT INSPIRED ME TODAY	PEOPLE, THINGS OR SITUATIONS I'M GRATEFUL TO HAVE IN MY LIFE TODAY

*Encouraging Scripture or Word of the Day*

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# Daily Reflection

1. A healthy lunch
2. Going to a job I really enjoy
3. Being able to call a friend who lives far away

\_\_\_\_\_

Date:

\_\_\_\_\_

Water: 8 glasses

\_\_\_\_\_

Exercise: 1 hour

\_\_\_\_\_

*Today,* this good thing happened to me and I appreciate it because:

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*Today,* this not so good thing happened to me and this is how I handled it:

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*Today,* this thing made me happy:

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*Today,* I discovered this about myself:

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# GRATITUDE JOURNAL

DATE

S M T W T F S

TAKE A MOMENT EACH DAY TO REFLECT ON THE THINGS YOU'RE THANKFUL FOR

*Day 52*

TODAY I'M GRATEFUL FOR

1

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THINGS THAT MADE ME SMILE TODAY



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SOMETHING THAT INSPIRED ME TODAY	PEOPLE, THINGS OR SITUATIONS I'M GRATEFUL TO HAVE IN MY LIFE TODAY

*Encouraging Scripture or Word of the Day*

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# Daily Reflection

1. A healthy lunch
2. Going to a job I really enjoy
3. Being able to call a friend who lives far away

\_\_\_\_\_

Date:

\_\_\_\_\_

Water: 8 glasses

\_\_\_\_\_

Exercise: 1 hour

\_\_\_\_\_

*Today,* this good thing happened to me and I appreciate it because:

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*Today,* this not so good thing happened to me and this is how I handled it:

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*Today,* this thing made me happy:

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*Today,* I discovered this about myself:

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# GRATITUDE JOURNAL

DATE

S M T W T F S

TAKE A MOMENT EACH DAY TO REFLECT ON THE THINGS YOU'RE THANKFUL FOR

*Day 53*

TODAY I'M GRATEFUL FOR

1

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THINGS THAT MADE ME SMILE TODAY



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SOMETHING THAT INSPIRED ME TODAY	PEOPLE, THINGS OR SITUATIONS I'M GRATEFUL TO HAVE IN MY LIFE TODAY

*Encouraging Scripture or Word of the Day*

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# Daily Reflection

1. A healthy lunch
2. Going to a job I really enjoy
3. Being able to call a friend who lives far away

\_\_\_\_\_

Date:

\_\_\_\_\_

Water: 8 glasses

\_\_\_\_\_

Exercise: 1 hour

\_\_\_\_\_

*Today,* this good thing happened to me and I appreciate it because:

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*Today,* this not so good thing happened to me and this is how I handled it:

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*Today,* this thing made me happy:

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*Today,* I discovered this about myself:

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# GRATITUDE JOURNAL

DATE

S M T W T F S

TAKE A MOMENT EACH DAY TO REFLECT ON THE THINGS YOU'RE THANKFUL FOR

*Day 54*

TODAY I'M GRATEFUL FOR

1

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THINGS THAT MADE ME SMILE TODAY



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SOMETHING THAT INSPIRED ME TODAY	PEOPLE, THINGS OR SITUATIONS I'M GRATEFUL TO HAVE IN MY LIFE TODAY

*Encouraging Scripture or Word of the Day*

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# Daily Reflection

1. A healthy lunch
2. Going to a job I really enjoy
3. Being able to call a friend who lives far away

\_\_\_\_\_

Date:

\_\_\_\_\_

Water: 8 glasses

\_\_\_\_\_

Exercise: 1 hour

\_\_\_\_\_

*Today,* this good thing happened to me and I appreciate it because:

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*Today,* this not so good thing happened to me and this is how I handled it:

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*Today,* this thing made me happy:

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*Today,* I discovered this about myself:

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# GRATITUDE JOURNAL

DATE

S M T W T F S

TAKE A MOMENT EACH DAY TO REFLECT ON THE THINGS YOU'RE THANKFUL FOR

*Day 55*

TODAY I'M GRATEFUL FOR

1

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THINGS THAT MADE ME SMILE TODAY



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SOMETHING THAT INSPIRED ME TODAY	PEOPLE, THINGS OR SITUATIONS I'M GRATEFUL TO HAVE IN MY LIFE TODAY

*Encouraging Scripture or Word of the Day*

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# Daily Reflection

1. A healthy lunch
2. Going to a job I really enjoy
3. Being able to call a friend who lives far away

\_\_\_\_\_

Date:

\_\_\_\_\_

Water: 8 glasses

\_\_\_\_\_

Exercise: 1 hour

\_\_\_\_\_

*Today,* this good thing happened to me and I appreciate it because:

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*Today,* this not so good thing happened to me and this is how I handled it:

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*Today,* this thing made me happy:

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*Today,* I discovered this about myself:

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# GRATITUDE JOURNAL

DATE

S M T W T F S

TAKE A MOMENT EACH DAY TO REFLECT ON THE THINGS YOU'RE THANKFUL FOR

*Day 56*

TODAY I'M GRATEFUL FOR

1

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THINGS THAT MADE ME SMILE TODAY



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SOMETHING THAT INSPIRED ME TODAY	PEOPLE, THINGS OR SITUATIONS I'M GRATEFUL TO HAVE IN MY LIFE TODAY

*Encouraging Scripture or Word of the Day*

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# Daily Reflection

1. A healthy lunch
2. Going to a job I really enjoy
3. Being able to call a friend who lives far away

\_\_\_\_\_

Date:

\_\_\_\_\_

Water: 8 glasses

\_\_\_\_\_

Exercise: 1 hour

\_\_\_\_\_

*Today,* this good thing happened to me and I appreciate it because:

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*Today,* this not so good thing happened to me and this is how I handled it:

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*Today,* this thing made me happy:

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*Today,* I discovered this about myself:

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# GRATITUDE JOURNAL

DATE

S M T W T F S

TAKE A MOMENT EACH DAY TO REFLECT ON THE THINGS YOU'RE THANKFUL FOR

*Day 57*

TODAY I'M GRATEFUL FOR

1

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THINGS THAT MADE ME SMILE TODAY



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SOMETHING THAT INSPIRED ME TODAY	PEOPLE, THINGS OR SITUATIONS I'M GRATEFUL TO HAVE IN MY LIFE TODAY

*Encouraging Scripture or Word of the Day*

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# Daily Reflection

1. A healthy lunch
2. Going to a job I really enjoy
3. Being able to call a friend who lives far away

\_\_\_\_\_

Date:

\_\_\_\_\_

Water: 8 glasses

\_\_\_\_\_

Exercise: 1 hour

\_\_\_\_\_

*Today,* this good thing happened to me and I appreciate it because:

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---

*Today,* this not so good thing happened to me and this is how I handled it:

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*Today,* this thing made me happy:

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*Today,* I discovered this about myself:

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# GRATITUDE JOURNAL

DATE

S M T W T F S

TAKE A MOMENT EACH DAY TO REFLECT ON THE THINGS YOU'RE THANKFUL FOR

*Day 58*

TODAY I'M GRATEFUL FOR

1

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THINGS THAT MADE ME SMILE TODAY



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SOMETHING THAT INSPIRED ME TODAY	PEOPLE, THINGS OR SITUATIONS I'M GRATEFUL TO HAVE IN MY LIFE TODAY

*Encouraging Scripture or Word of the Day*

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# Daily Reflection

1. A healthy lunch
2. Going to a job I really enjoy
3. Being able to call a friend who lives far away

\_\_\_\_\_

Date:

\_\_\_\_\_

Water: 8 glasses

\_\_\_\_\_

Exercise: 1 hour

\_\_\_\_\_

*Today,* this good thing happened to me and I appreciate it because:

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---

*Today,* this not so good thing happened to me and this is how I handled it:

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*Today,* this thing made me happy:

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*Today,* I discovered this about myself:

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# GRATITUDE JOURNAL

DATE

S M T W T F S

TAKE A MOMENT EACH DAY TO REFLECT ON THE THINGS YOU'RE THANKFUL FOR

*Day 59*

TODAY I'M GRATEFUL FOR

1

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THINGS THAT MADE ME SMILE TODAY



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SOMETHING THAT INSPIRED ME TODAY	PEOPLE, THINGS OR SITUATIONS I'M GRATEFUL TO HAVE IN MY LIFE TODAY

*Encouraging Scripture or Word of the Day*

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# Daily Reflection

1. A healthy lunch
2. Going to a job I really enjoy
3. Being able to call a friend who lives far away

\_\_\_\_\_

Date:

\_\_\_\_\_

Water: 8 glasses

\_\_\_\_\_

Exercise: 1 hour

\_\_\_\_\_

*Today,* this good thing happened to me and I appreciate it because:

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*Today,* this not so good thing happened to me and this is how I handled it:

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*Today,* this thing made me happy:

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*Today,* I discovered this about myself:

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# GRATITUDE JOURNAL

DATE

S M T W T F S

TAKE A MOMENT EACH DAY TO REFLECT ON THE THINGS YOU'RE THANKFUL FOR

*Day 60*

TODAY I'M GRATEFUL FOR

1

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THINGS THAT MADE ME SMILE TODAY



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SOMETHING THAT INSPIRED ME TODAY	PEOPLE, THINGS OR SITUATIONS I'M GRATEFUL TO HAVE IN MY LIFE TODAY

*Encouraging Scripture or Word of the Day*

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# Daily Reflection

1. A healthy lunch
2. Going to a job I really enjoy
3. Being able to call a friend who lives far away

\_\_\_\_\_

Date:

\_\_\_\_\_

Water: 8 glasses

\_\_\_\_\_

Exercise: 1 hour

\_\_\_\_\_

*Today,* this good thing happened to me and I appreciate it because:

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*Today,* this not so good thing happened to me and this is how I handled it:

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*Today,* this thing made me happy:

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*Today,* I discovered this about myself:

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# GRATITUDE JOURNAL

DATE

S M T W T F S

TAKE A MOMENT EACH DAY TO REFLECT ON THE THINGS YOU'RE THANKFUL FOR

*Day 61*

TODAY I'M GRATEFUL FOR

1

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THINGS THAT MADE ME SMILE TODAY



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SOMETHING THAT INSPIRED ME TODAY	PEOPLE, THINGS OR SITUATIONS I'M GRATEFUL TO HAVE IN MY LIFE TODAY

*Encouraging Scripture or Word of the Day*

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# Daily Reflection

1. A healthy lunch
2. Going to a job I really enjoy
3. Being able to call a friend who lives far away

Date: \_\_\_\_\_

Water: 8 glasses

Exercise: 1 hour

*Today,* this good thing happened to me and I appreciate it because:

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*Today,* this not so good thing happened to me and this is how I handled it:

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*Today,* this thing made me happy:

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*Today,* I discovered this about myself:

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# GRATITUDE JOURNAL

DATE

S M T W T F S

TAKE A MOMENT EACH DAY TO REFLECT ON THE THINGS YOU'RE THANKFUL FOR

*Day 62*

TODAY I'M GRATEFUL FOR

1

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THINGS THAT MADE ME SMILE TODAY



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SOMETHING THAT INSPIRED ME TODAY	PEOPLE, THINGS OR SITUATIONS I'M GRATEFUL TO HAVE IN MY LIFE TODAY

*Encouraging Scripture or Word of the Day*

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# Daily Reflection

1. A healthy lunch
2. Going to a job I really enjoy
3. Being able to call a friend who lives far away

Date: \_\_\_\_\_

Water: 8 glasses

Exercise: 1 hour

*Today,* this good thing happened to me and I appreciate it because:

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*Today,* this not so good thing happened to me and this is how I handled it:

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*Today,* this thing made me happy:

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*Today,* I discovered this about myself:

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# GRATITUDE JOURNAL

DATE

S M T W T F S

TAKE A MOMENT EACH DAY TO REFLECT ON THE THINGS YOU'RE THANKFUL FOR

*Day 63*

TODAY I'M GRATEFUL FOR

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THINGS THAT MADE ME SMILE TODAY



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SOMETHING THAT INSPIRED ME TODAY	PEOPLE, THINGS OR SITUATIONS I'M GRATEFUL TO HAVE IN MY LIFE TODAY

*Encouraging Scripture or Word of the Day*

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# Daily Reflection

1. A healthy lunch
2. Going to a job I really enjoy
3. Being able to call a friend who lives far away

Date: \_\_\_\_\_

Water: 8 glasses

Exercise: 1 hour

*Today,* this good thing happened to me and I appreciate it because:

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*Today,* this not so good thing happened to me and this is how I handled it:

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*Today,* this thing made me happy:

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*Today,* I discovered this about myself:

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# GRATITUDE JOURNAL

DATE

S M T W T F S

TAKE A MOMENT EACH DAY TO REFLECT ON THE THINGS YOU'RE THANKFUL FOR

*Day 64*

TODAY I'M GRATEFUL FOR

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THINGS THAT MADE ME SMILE TODAY



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SOMETHING THAT INSPIRED ME TODAY	PEOPLE, THINGS OR SITUATIONS I'M GRATEFUL TO HAVE IN MY LIFE TODAY

*Encouraging Scripture or Word of the Day*

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# Daily Reflection

1. A healthy lunch
2. Going to a job I really enjoy
3. Being able to call a friend who lives far away

Date: \_\_\_\_\_

Water: 8 glasses

Exercise: 1 hour

*Today,* this good thing happened to me and I appreciate it because:

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*Today,* this not so good thing happened to me and this is how I handled it:

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*Today,* this thing made me happy:

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*Today,* I discovered this about myself:

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# GRATITUDE JOURNAL

DATE

S M T W T F S

TAKE A MOMENT EACH DAY TO REFLECT ON THE THINGS YOU'RE THANKFUL FOR

*Day 65*

TODAY I'M GRATEFUL FOR

1

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THINGS THAT MADE ME SMILE TODAY



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SOMETHING THAT INSPIRED ME TODAY	PEOPLE, THINGS OR SITUATIONS I'M GRATEFUL TO HAVE IN MY LIFE TODAY

*Encouraging Scripture or Word of the Day*

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# Daily Reflection

1. A healthy lunch
2. Going to a job I really enjoy
3. Being able to call a friend who lives far away

Date: \_\_\_\_\_

Water: 8 glasses

Exercise: 1 hour

*Today,* this good thing happened to me and I appreciate it because:

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*Today,* this not so good thing happened to me and this is how I handled it:

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*Today,* this thing made me happy:

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*Today,* I discovered this about myself:

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# GRATITUDE JOURNAL

DATE

S M T W T F S

TAKE A MOMENT EACH DAY TO REFLECT ON THE THINGS YOU'RE THANKFUL FOR

*Day 66*

TODAY I'M GRATEFUL FOR

1

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THINGS THAT MADE ME SMILE TODAY



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SOMETHING THAT INSPIRED ME TODAY	PEOPLE, THINGS OR SITUATIONS I'M GRATEFUL TO HAVE IN MY LIFE TODAY

*Encouraging Scripture or Word of the Day*

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# Daily Reflection

1. A healthy lunch
2. Going to a job I really enjoy
3. Being able to call a friend who lives far away

Date: \_\_\_\_\_

Water: 8 glasses

Exercise: 1 hour

*Today,* this good thing happened to me and I appreciate it because:

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*Today,* this not so good thing happened to me and this is how I handled it:

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*Today,* this thing made me happy:

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*Today,* I discovered this about myself:

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# GRATITUDE JOURNAL

DATE

S M T W T F S

TAKE A MOMENT EACH DAY TO REFLECT ON THE THINGS YOU'RE THANKFUL FOR

*Day 67*

TODAY I'M GRATEFUL FOR

1

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2

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THINGS THAT MADE ME SMILE TODAY



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SOMETHING THAT INSPIRED ME TODAY	PEOPLE, THINGS OR SITUATIONS I'M GRATEFUL TO HAVE IN MY LIFE TODAY

*Encouraging Scripture or Word of the Day*

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# Daily Reflection

1. A healthy lunch
2. Going to a job I really enjoy
3. Being able to call a friend who lives far away

Date: \_\_\_\_\_

Water: 8 glasses

Exercise: 1 hour

*Today,* this good thing happened to me and I appreciate it because:

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*Today,* this not so good thing happened to me and this is how I handled it:

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*Today,* this thing made me happy:

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*Today,* I discovered this about myself:

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# GRATITUDE JOURNAL

DATE

S M T W T F S

TAKE A MOMENT EACH DAY TO REFLECT ON THE THINGS YOU'RE THANKFUL FOR

*Day 68*

TODAY I'M GRATEFUL FOR

1

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2

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3

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THINGS THAT MADE ME SMILE TODAY



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SOMETHING THAT INSPIRED ME TODAY	PEOPLE, THINGS OR SITUATIONS I'M GRATEFUL TO HAVE IN MY LIFE TODAY

*Encouraging Scripture or Word of the Day*

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# Daily Reflection

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3. Being able to call a friend who lives far away

Date: \_\_\_\_\_

Water: 8 glasses

Exercise: 1 hour

*Today,* this good thing happened to me and I appreciate it because:

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*Today,* this not so good thing happened to me and this is how I handled it:

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*Today,* this thing made me happy:

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*Today,* I discovered this about myself:

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# GRATITUDE JOURNAL

DATE

S M T W T F S

TAKE A MOMENT EACH DAY TO REFLECT ON THE THINGS YOU'RE THANKFUL FOR

*Day 69*

TODAY I'M GRATEFUL FOR

1

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2

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THINGS THAT MADE ME SMILE TODAY



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SOMETHING THAT INSPIRED ME TODAY	PEOPLE, THINGS OR SITUATIONS I'M GRATEFUL TO HAVE IN MY LIFE TODAY

*Encouraging Scripture or Word of the Day*

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# Daily Reflection

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3. Being able to call a friend who lives far away

Date: \_\_\_\_\_

Water: 8 glasses

Exercise: 1 hour

*Today,* this good thing happened to me and I appreciate it because:

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*Today,* this not so good thing happened to me and this is how I handled it:

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*Today,* this thing made me happy:

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*Today,* I discovered this about myself:

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# GRATITUDE JOURNAL

DATE

S M T W T F S

TAKE A MOMENT EACH DAY TO REFLECT ON THE THINGS YOU'RE THANKFUL FOR

*Day 70*

TODAY I'M GRATEFUL FOR

1

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2

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THINGS THAT MADE ME SMILE TODAY



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SOMETHING THAT INSPIRED ME TODAY	PEOPLE, THINGS OR SITUATIONS I'M GRATEFUL TO HAVE IN MY LIFE TODAY

*Encouraging Scripture or Word of the Day*

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# Daily Reflection

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3. Being able to call a friend who lives far away

Date: \_\_\_\_\_

Water: 8 glasses

Exercise: 1 hour

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*Today,* this not so good thing happened to me and this is how I handled it:

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*Today,* this thing made me happy:

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*Today,* I discovered this about myself:

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# GRATITUDE JOURNAL

DATE

S M T W T F S

TAKE A MOMENT EACH DAY TO REFLECT ON THE THINGS YOU'RE THANKFUL FOR

*Day 71*

TODAY I'M GRATEFUL FOR

1  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

2  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

3  
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\_\_\_\_\_  
\_\_\_\_\_

THINGS THAT MADE ME SMILE TODAY



\_\_\_\_\_



\_\_\_\_\_



\_\_\_\_\_

SOMETHING THAT INSPIRED ME TODAY	PEOPLE, THINGS OR SITUATIONS I'M GRATEFUL TO HAVE IN MY LIFE TODAY

*Encouraging Scripture or Word of the Day*

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# Daily Reflection

1. A healthy lunch
2. Going to a job I really enjoy
3. Being able to call a friend who lives far away

\_\_\_\_\_

Date:

\_\_\_\_\_

Water: 8 glasses

\_\_\_\_\_

Exercise: 1 hour

\_\_\_\_\_

*Today,* this good thing happened to me and I appreciate it because:

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*Today,* this not so good thing happened to me and this is how I handled it:

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*Today,* this thing made me happy:

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*Today,* I discovered this about myself:

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# GRATITUDE JOURNAL

DATE

S M T W T F S

TAKE A MOMENT EACH DAY TO REFLECT ON THE THINGS YOU'RE THANKFUL FOR

*Day 72*

TODAY I'M GRATEFUL FOR

1

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THINGS THAT MADE ME SMILE TODAY



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SOMETHING THAT INSPIRED ME TODAY	PEOPLE, THINGS OR SITUATIONS I'M GRATEFUL TO HAVE IN MY LIFE TODAY

*Encouraging Scripture or Word of the Day*

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# Daily Reflection

1. A healthy lunch
2. Going to a job I really enjoy
3. Being able to call a friend who lives far away

\_\_\_\_\_

Date:

\_\_\_\_\_

Water: 8 glasses

\_\_\_\_\_

Exercise: 1 hour

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*Today,* this good thing happened to me and I appreciate it because:

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*Today,* this not so good thing happened to me and this is how I handled it:

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*Today,* this thing made me happy:

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*Today,* I discovered this about myself:

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# GRATITUDE JOURNAL

DATE

S M T W T F S

TAKE A MOMENT EACH DAY TO REFLECT ON THE THINGS YOU'RE THANKFUL FOR

*Day 73*

TODAY I'M GRATEFUL FOR

1

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THINGS THAT MADE ME SMILE TODAY



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SOMETHING THAT INSPIRED ME TODAY	PEOPLE, THINGS OR SITUATIONS I'M GRATEFUL TO HAVE IN MY LIFE TODAY

*Encouraging Scripture or Word of the Day*

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3. Being able to call a friend who lives far away

Date: \_\_\_\_\_

Water: 8 glasses

Exercise: 1 hour

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*Today,* this not so good thing happened to me and this is how I handled it:

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*Today,* this thing made me happy:

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*Today,* I discovered this about myself:

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# GRATITUDE JOURNAL

DATE

S M T W T F S

TAKE A MOMENT EACH DAY TO REFLECT ON THE THINGS YOU'RE THANKFUL FOR

*Day 74*

TODAY I'M GRATEFUL FOR

1

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THINGS THAT MADE ME SMILE TODAY



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SOMETHING THAT INSPIRED ME TODAY	PEOPLE, THINGS OR SITUATIONS I'M GRATEFUL TO HAVE IN MY LIFE TODAY

*Encouraging Scripture or Word of the Day*

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*Today,* I discovered this about myself:

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# GRATITUDE JOURNAL

DATE

S M T W T F S

TAKE A MOMENT EACH DAY TO REFLECT ON THE THINGS YOU'RE THANKFUL FOR

*Day 75*

TODAY I'M GRATEFUL FOR

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THINGS THAT MADE ME SMILE TODAY



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SOMETHING THAT INSPIRED ME TODAY	PEOPLE, THINGS OR SITUATIONS I'M GRATEFUL TO HAVE IN MY LIFE TODAY

*Encouraging Scripture or Word of the Day*

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# Daily Reflection

1. A healthy lunch
2. Going to a job I really enjoy
3. Being able to call a friend who lives far away

\_\_\_\_\_

Date:

\_\_\_\_\_

Water: 8 glasses

\_\_\_\_\_

Exercise: 1 hour

\_\_\_\_\_

*Today,* this good thing happened to me and I appreciate it because:

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*Today,* I discovered this about myself:

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# GRATITUDE JOURNAL

DATE

S M T W T F S

TAKE A MOMENT EACH DAY TO REFLECT ON THE THINGS YOU'RE THANKFUL FOR

*Day 76*

TODAY I'M GRATEFUL FOR

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THINGS THAT MADE ME SMILE TODAY



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SOMETHING THAT INSPIRED ME TODAY	PEOPLE, THINGS OR SITUATIONS I'M GRATEFUL TO HAVE IN MY LIFE TODAY

*Encouraging Scripture or Word of the Day*

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# Daily Reflection

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Water: 8 glasses

Exercise: 1 hour

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*Today,* this thing made me happy:

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*Today,* I discovered this about myself:

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# GRATITUDE JOURNAL

DATE

S M T W T F S

TAKE A MOMENT EACH DAY TO REFLECT ON THE THINGS YOU'RE THANKFUL FOR

*Day 77*

TODAY I'M GRATEFUL FOR

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THINGS THAT MADE ME SMILE TODAY



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SOMETHING THAT INSPIRED ME TODAY	PEOPLE, THINGS OR SITUATIONS I'M GRATEFUL TO HAVE IN MY LIFE TODAY

*Encouraging Scripture or Word of the Day*

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# Daily Reflection

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2. Going to a job I really enjoy
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Date:

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Water: 8 glasses

\_\_\_\_\_

Exercise: 1 hour

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*Today,* I discovered this about myself:

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# GRATITUDE JOURNAL

DATE

S M T W T F S

TAKE A MOMENT EACH DAY TO REFLECT ON THE THINGS YOU'RE THANKFUL FOR

*Day 78*

TODAY I'M GRATEFUL FOR

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THINGS THAT MADE ME SMILE TODAY



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SOMETHING THAT INSPIRED ME TODAY	PEOPLE, THINGS OR SITUATIONS I'M GRATEFUL TO HAVE IN MY LIFE TODAY

*Encouraging Scripture or Word of the Day*

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*Today,* I discovered this about myself:

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# GRATITUDE JOURNAL

DATE

S M T W T F S

TAKE A MOMENT EACH DAY TO REFLECT ON THE THINGS YOU'RE THANKFUL FOR

*Day 79*

TODAY I'M GRATEFUL FOR

1

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THINGS THAT MADE ME SMILE TODAY



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SOMETHING THAT INSPIRED ME TODAY	PEOPLE, THINGS OR SITUATIONS I'M GRATEFUL TO HAVE IN MY LIFE TODAY

*Encouraging Scripture or Word of the Day*

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# Daily Reflection

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2. Going to a job I really enjoy
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\_\_\_\_\_

Date:

\_\_\_\_\_

Water: 8 glasses

\_\_\_\_\_

Exercise: 1 hour

\_\_\_\_\_

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*Today,* I discovered this about myself:

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# GRATITUDE JOURNAL

DATE

S M T W T F S

TAKE A MOMENT EACH DAY TO REFLECT ON THE THINGS YOU'RE THANKFUL FOR

*Day 80*

TODAY I'M GRATEFUL FOR

1

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THINGS THAT MADE ME SMILE TODAY



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SOMETHING THAT INSPIRED ME TODAY	PEOPLE, THINGS OR SITUATIONS I'M GRATEFUL TO HAVE IN MY LIFE TODAY

*Encouraging Scripture or Word of the Day*

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# Daily Reflection

1. A healthy lunch
2. Going to a job I really enjoy
3. Being able to call a friend who lives far away

\_\_\_\_\_

Date:

\_\_\_\_\_

Water: 8 glasses

\_\_\_\_\_

Exercise: 1 hour

\_\_\_\_\_

*Today,* this good thing happened to me and I appreciate it because:

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*Today,* I discovered this about myself:

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# GRATITUDE JOURNAL

DATE

S M T W T F S

TAKE A MOMENT EACH DAY TO REFLECT ON THE THINGS YOU'RE THANKFUL FOR

*Day 81*

TODAY I'M GRATEFUL FOR

1

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THINGS THAT MADE ME SMILE TODAY



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SOMETHING THAT INSPIRED ME TODAY	PEOPLE, THINGS OR SITUATIONS I'M GRATEFUL TO HAVE IN MY LIFE TODAY

*Encouraging Scripture or Word of the Day*

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*Today,* I discovered this about myself:

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# GRATITUDE JOURNAL

DATE

S M T W T F S

TAKE A MOMENT EACH DAY TO REFLECT ON THE THINGS YOU'RE THANKFUL FOR

*Day 82*

TODAY I'M GRATEFUL FOR

1

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THINGS THAT MADE ME SMILE TODAY



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SOMETHING THAT INSPIRED ME TODAY	PEOPLE, THINGS OR SITUATIONS I'M GRATEFUL TO HAVE IN MY LIFE TODAY

*Encouraging Scripture or Word of the Day*

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# Daily Reflection

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Date: \_\_\_\_\_

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Exercise: 1 hour

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*Today,* this thing made me happy:

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*Today,* I discovered this about myself:

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# GRATITUDE JOURNAL

DATE

S M T W T F S

TAKE A MOMENT EACH DAY TO REFLECT ON THE THINGS YOU'RE THANKFUL FOR

*Day 83*

TODAY I'M GRATEFUL FOR

1

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THINGS THAT MADE ME SMILE TODAY



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SOMETHING THAT INSPIRED ME TODAY	PEOPLE, THINGS OR SITUATIONS I'M GRATEFUL TO HAVE IN MY LIFE TODAY

*Encouraging Scripture or Word of the Day*

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# Daily Reflection

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3. Being able to call a friend who lives far away

Date: \_\_\_\_\_

Water: 8 glasses

Exercise: 1 hour

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*Today,* this not so good thing happened to me and this is how I handled it:

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*Today,* I discovered this about myself:

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# GRATITUDE JOURNAL

DATE

S M T W T F S

TAKE A MOMENT EACH DAY TO REFLECT ON THE THINGS YOU'RE THANKFUL FOR

*Day 84*

TODAY I'M GRATEFUL FOR

1

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THINGS THAT MADE ME SMILE TODAY



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SOMETHING THAT INSPIRED ME TODAY	PEOPLE, THINGS OR SITUATIONS I'M GRATEFUL TO HAVE IN MY LIFE TODAY

*Encouraging Scripture or Word of the Day*

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# Daily Reflection

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3. Being able to call a friend who lives far away

Date: \_\_\_\_\_

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Exercise: 1 hour

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*Today,* this not so good thing happened to me and this is how I handled it:

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*Today,* I discovered this about myself:

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# GRATITUDE JOURNAL

DATE

S M T W T F S

TAKE A MOMENT EACH DAY TO REFLECT ON THE THINGS YOU'RE THANKFUL FOR

*Day 85*

TODAY I'M GRATEFUL FOR

1

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THINGS THAT MADE ME SMILE TODAY



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SOMETHING THAT INSPIRED ME TODAY	PEOPLE, THINGS OR SITUATIONS I'M GRATEFUL TO HAVE IN MY LIFE TODAY

*Encouraging Scripture or Word of the Day*

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# Daily Reflection

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2. Going to a job I really enjoy
3. Being able to call a friend who lives far away

Date: \_\_\_\_\_

Water: 8 glasses

Exercise: 1 hour

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*Today,* I discovered this about myself:

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# GRATITUDE JOURNAL

DATE

S M T W T F S

TAKE A MOMENT EACH DAY TO REFLECT ON THE THINGS YOU'RE THANKFUL FOR

*Day 86*

TODAY I'M GRATEFUL FOR

1

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THINGS THAT MADE ME SMILE TODAY



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SOMETHING THAT INSPIRED ME TODAY	PEOPLE, THINGS OR SITUATIONS I'M GRATEFUL TO HAVE IN MY LIFE TODAY

*Encouraging Scripture or Word of the Day*

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# Daily Reflection

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2. Going to a job I really enjoy
3. Being able to call a friend who lives far away

Date: \_\_\_\_\_

Water: 8 glasses

Exercise: 1 hour

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*Today,* this not so good thing happened to me and this is how I handled it:

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*Today,* I discovered this about myself:

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# GRATITUDE JOURNAL

DATE

S M T W T F S

TAKE A MOMENT EACH DAY TO REFLECT ON THE THINGS YOU'RE THANKFUL FOR

*Day 87*

TODAY I'M GRATEFUL FOR

1

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THINGS THAT MADE ME SMILE TODAY



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SOMETHING THAT INSPIRED ME TODAY	PEOPLE, THINGS OR SITUATIONS I'M GRATEFUL TO HAVE IN MY LIFE TODAY

*Encouraging Scripture or Word of the Day*

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*Today,* I discovered this about myself:

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# GRATITUDE JOURNAL

DATE

S M T W T F S

TAKE A MOMENT EACH DAY TO REFLECT ON THE THINGS YOU'RE THANKFUL FOR

*Day 88*

TODAY I'M GRATEFUL FOR

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THINGS THAT MADE ME SMILE TODAY



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SOMETHING THAT INSPIRED ME TODAY	PEOPLE, THINGS OR SITUATIONS I'M GRATEFUL TO HAVE IN MY LIFE TODAY

*Encouraging Scripture or Word of the Day*

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*Today,* I discovered this about myself:

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# GRATITUDE JOURNAL

DATE

S M T W T F S

TAKE A MOMENT EACH DAY TO REFLECT ON THE THINGS YOU'RE THANKFUL FOR

*Day 89*

TODAY I'M GRATEFUL FOR

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THINGS THAT MADE ME SMILE TODAY



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SOMETHING THAT INSPIRED ME TODAY	PEOPLE, THINGS OR SITUATIONS I'M GRATEFUL TO HAVE IN MY LIFE TODAY

*Encouraging Scripture or Word of the Day*

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# Daily Reflection

1. A healthy lunch
2. Going to a job I really enjoy
3. Being able to call a friend who lives far away

Date: \_\_\_\_\_

Water: 8 glasses

Exercise: 1 hour

*Today,* this good thing happened to me and I appreciate it because:

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*Today,* this not so good thing happened to me and this is how I handled it:

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*Today,* this thing made me happy:

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*Today,* I discovered this about myself:

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# GRATITUDE JOURNAL

DATE

S M T W T F S

TAKE A MOMENT EACH DAY TO REFLECT ON THE THINGS YOU'RE THANKFUL FOR

*Day 90*

TODAY I'M GRATEFUL FOR

1

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2

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3

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THINGS THAT MADE ME SMILE TODAY



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SOMETHING THAT INSPIRED ME TODAY	PEOPLE, THINGS OR SITUATIONS I'M GRATEFUL TO HAVE IN MY LIFE TODAY

*Encouraging Scripture or Word of the Day*

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# Daily Reflection

1. A healthy lunch
2. Going to a job I really enjoy
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