

# THE GRATITUDE JOURNAL

REVERSING CHRONIC  
INFLAMMATORY CONDITIONS  
WITH LIFESTYLE CHANGES  
RX DOSE DAILY

*Dr. Helen*

*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!

A handwritten signature in purple ink that reads "Dr. Helen". The signature is written in a cursive, flowing style with a large initial "D" and a long, sweeping underline.

*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

Day 1

DATE

S M T W T F S

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

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 I'M GRATEFUL  
TO HAVE IN MY LIFE  
TODAY

*Encouraging scripture or word of the day*

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# GRATITUDE JOURNAL

Day 2

DATE

S M T W T F S

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

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 I'M GRATEFUL  
TO HAVE IN MY LIFE  
TODAY

*Encouraging scripture or word of the day*

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*"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

Day 3

DATE

S M T W T F S

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

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 I'M GRATEFUL  
TO HAVE IN MY LIFE  
TODAY

*Encouraging scripture or word of the day*

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# GRATITUDE JOURNAL

Day 4

DATE

S M T W T F S

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

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 I'M GRATEFUL  
TO HAVE IN MY LIFE  
TODAY

*Encouraging scripture or word of the day*

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# GRATITUDE JOURNAL

Day 5

DATE

S M T W T F S

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

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 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:

\_\_\_\_\_

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

Day 6

DATE

S M T W T F S

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

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 I'M GRATEFUL  
TO HAVE IN MY LIFE  
TODAY

*Encouraging scripture or word of the day*

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*"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

Day 7

DATE

S M T W T F S

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

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 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

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Date:

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Water: 8 glasses

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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,* I discovered this about myself:

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# GRATITUDE JOURNAL

Day 8

DATE

S M T W T F S

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

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 I'M GRATEFUL  
TO HAVE IN MY LIFE  
TODAY

*Encouraging scripture or word of the day*

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*"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

Day 9

DATE

S M T W T F S

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

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 I'M GRATEFUL  
TO HAVE IN MY LIFE  
TODAY

*Encouraging scripture or word of the day*

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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 thing made me happy:

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*Today,* I discovered this about myself:

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# GRATITUDE JOURNAL

Day 10

DATE

S M T W T F S

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

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 I'M GRATEFUL  
TO HAVE IN MY LIFE  
TODAY

*Encouraging scripture or word of the day*

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*"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

Day 11

DATE

S M T W T F S

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

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 I'M GRATEFUL  
TO HAVE IN MY LIFE  
TODAY

*Encouraging scripture or word of the day*

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# GRATITUDE JOURNAL

Day 12

DATE

S M T W T F S

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

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 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

*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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*"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

Day 13

DATE

S M T W T F S

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

TODAY I'M GRATEFUL FOR

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THINGS THAT MADE ME SMILE TODAY



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SOMETHING THAT  
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PEOPLE I'M GRATEFUL  
TO HAVE IN MY LIFE  
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*Encouraging scripture or word of the day*

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# GRATITUDE JOURNAL

Day 14

DATE

S M T W T F S

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

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 I'M GRATEFUL  
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TODAY

*Encouraging scripture or word of the day*

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# Daily Reflection

1. A healthy lunch
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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 thing made me happy:

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*Today,* I discovered this about myself:

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*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

Day 15

DATE

S M T W T F S

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

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 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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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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# GRATITUDE JOURNAL

Day 16

DATE

S M T W T F S

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

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 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

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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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# GRATITUDE JOURNAL

Day 17

DATE

S M T W T F S

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

TODAY I'M GRATEFUL FOR

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THINGS THAT MADE ME SMILE TODAY



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SOMETHING THAT  
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PEOPLE I'M GRATEFUL  
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*Encouraging scripture or word of the day*

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Exercise: 1 hour

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# GRATITUDE JOURNAL

Day 18

DATE

S M T W T F S

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

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 I'M GRATEFUL  
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TODAY

*Encouraging scripture or word of the day*

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# Daily Reflection

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# GRATITUDE JOURNAL

Day 19

DATE

S M T W T F S

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

TODAY I'M GRATEFUL FOR

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THINGS THAT MADE ME SMILE TODAY



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SOMETHING THAT  
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PEOPLE I'M GRATEFUL  
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*Encouraging scripture or word of the day*

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# Daily Reflection

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# GRATITUDE JOURNAL

Day 20

DATE

S M T W T F S

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

TODAY I'M GRATEFUL FOR

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THINGS THAT MADE ME SMILE TODAY



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SOMETHING THAT  
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PEOPLE I'M GRATEFUL  
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TODAY

*Encouraging scripture or word of the day*

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# GRATITUDE JOURNAL

Day 21

DATE

S M T W T F S

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

TODAY I'M GRATEFUL FOR

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THINGS THAT MADE ME SMILE TODAY



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SOMETHING THAT  
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PEOPLE I'M GRATEFUL  
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*Encouraging scripture or word of the day*

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

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Exercise: 1 hour

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# GRATITUDE JOURNAL

Day 22

DATE

S M T W T F S

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

TODAY I'M GRATEFUL FOR

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THINGS THAT MADE ME SMILE TODAY



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SOMETHING THAT  
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PEOPLE I'M GRATEFUL  
TO HAVE IN MY LIFE  
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# Daily Reflection

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Date:

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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

Day 23

DATE

S M T W T F S

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

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 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

Day 24

DATE

S M T W T F S

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

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 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

Day 25

DATE

S M T W T F S

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

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 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

Day 26

DATE

S M T W T F S

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

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 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

Day 27

DATE

S M T W T F S

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

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 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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---

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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

Day 28

DATE

S M T W T F S

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

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 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

Day 29

DATE

S M T W T F S

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

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 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

Day 30

DATE

S M T W T F S

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

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 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

Day 31

DATE

S M T W T F S

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

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 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

Day 32

DATE

S M T W T F S

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

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 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

Day 33

DATE

S M T W T F S

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

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 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

\_\_\_\_\_

*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

Day 34

DATE

S M T W T F S

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

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 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

Day 35

DATE

S M T W T F S

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

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 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

Day 36

DATE

S M T W T F S

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

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

\_\_\_\_\_

Water: 8 glasses

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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

Day 37

DATE

S M T W T F S

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

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 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

Day 38

DATE

S M T W T F S

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

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 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

Day 39

DATE

S M T W T F S

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

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 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
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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

Day 40

DATE

S M T W T F S

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

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 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

Day 41

DATE

S M T W T F S

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

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 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

Day 42

DATE

S M T W T F S

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

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 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

Day 43

DATE

S M T W T F S

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

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 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

Day 44

DATE

S M T W T F S

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

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 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

Day 45

DATE

S M T W T F S

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

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 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

Day 46

DATE

S M T W T F S

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

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 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

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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

Day 47

DATE

S M T W T F S

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

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 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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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

Day 48

DATE

S M T W T F S

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

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 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

Day 49

DATE

S M T W T F S

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

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 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

Day 50

DATE

S M T W T F S

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

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 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

Day 51

DATE

S M T W T F S

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

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 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: \_\_\_\_\_

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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

Day 52

DATE

S M T W T F S

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

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 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

Day 53

DATE

S M T W T F S

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

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 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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\_\_\_\_\_

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

Day 54

DATE

S M T W T F S

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

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 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

Day 55

DATE

S M T W T F S

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

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 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

Day 56

DATE

S M T W T F S

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

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 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

Day 57

DATE

S M T W T F S

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

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 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

Day 58

DATE

S M T W T F S

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

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 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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---

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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

Day 59

DATE

S M T W T F S

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

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 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
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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

Day 60

DATE

S M T W T F S

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

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 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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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

Day 61

DATE

S M T W T F S

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

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 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 thing made me happy:

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*Today,* I discovered this about myself:

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# GRATITUDE JOURNAL

Day 62

DATE

S M T W T F S

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

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 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 thing made me happy:

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*Today,* I discovered this about myself:

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# GRATITUDE JOURNAL

Day 63

DATE

S M T W T F S

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

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

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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

Day 64

DATE

S M T W T F S

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

TODAY I'M GRATEFUL FOR

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THINGS THAT MADE ME SMILE TODAY



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SOMETHING THAT  
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PEOPLE 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
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\_\_\_\_\_

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

Day 65

DATE

S M T W T F S

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

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 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

Day 66

DATE

S M T W T F S

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

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 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: \_\_\_\_\_

\_\_\_\_\_

Water: 8 glasses

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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

Day 67

DATE

S M T W T F S

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

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 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:

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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

Day 68

DATE

S M T W T F S

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

TODAY I'M GRATEFUL FOR

1

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THINGS THAT MADE ME SMILE TODAY



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SOMETHING THAT  
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PEOPLE I'M GRATEFUL  
TO HAVE IN MY LIFE  
TODAY

*Encouraging scripture or word of the day*

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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 thing made me happy:

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*Today,* I discovered this about myself:

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# GRATITUDE JOURNAL

Day 69

DATE

S M T W T F S

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

TODAY I'M GRATEFUL FOR

1

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THINGS THAT MADE ME SMILE TODAY



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

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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

Day 70

DATE

S M T W T F S

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

TODAY I'M GRATEFUL FOR

1

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THINGS THAT MADE ME SMILE TODAY



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SOMETHING THAT  
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PEOPLE 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

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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 thing made me happy:

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*Today,* I discovered this about myself:

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# GRATITUDE JOURNAL

Day 71

DATE

S M T W T F S

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

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

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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

Day 72

DATE

S M T W T F S

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

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 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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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

Day 73

DATE

S M T W T F S

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

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 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 good thing happened to me and I appreciate it because:

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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

Day 74

DATE

S M T W T F S

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

TODAY I'M GRATEFUL FOR

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THINGS THAT MADE ME SMILE TODAY



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SOMETHING THAT  
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PEOPLE I'M GRATEFUL  
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TODAY

*Encouraging scripture or word of the day*

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# Daily Reflection

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

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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

Day 75

DATE

S M T W T F S

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

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 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

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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

Day 76

DATE

S M T W T F S

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

TODAY I'M GRATEFUL FOR

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THINGS THAT MADE ME SMILE TODAY



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SOMETHING THAT  
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PEOPLE 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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*Today,* this thing made me happy:

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*Today,* I discovered this about myself:

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# GRATITUDE JOURNAL

Day 77

DATE

S M T W T F S

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

TODAY I'M GRATEFUL FOR

1

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THINGS THAT MADE ME SMILE TODAY



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

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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

Day 78

DATE

S M T W T F S

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

TODAY I'M GRATEFUL FOR

1

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THINGS THAT MADE ME SMILE TODAY



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SOMETHING THAT  
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PEOPLE 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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*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

Day 79

DATE

S M T W T F S

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

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 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

Day 80

DATE

S M T W T F S

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

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

\_\_\_\_\_

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\_\_\_\_\_

Exercise: 1 hour

\_\_\_\_\_

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

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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

Day 81

DATE

S M T W T F S

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

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

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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 thing made me happy:

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*Today,* I discovered this about myself:

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# GRATITUDE JOURNAL

Day 82

DATE

S M T W T F S

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

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 I'M GRATEFUL  
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TODAY

*Encouraging scripture or word of the day*

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# Daily Reflection

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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 thing made me happy:

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*Today,* I discovered this about myself:

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# GRATITUDE JOURNAL

Day 83

DATE

S M T W T F S

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

TODAY I'M GRATEFUL FOR

1

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THINGS THAT MADE ME SMILE TODAY



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SOMETHING THAT  
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PEOPLE 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
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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 thing made me happy:

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*Today,* I discovered this about myself:

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# GRATITUDE JOURNAL

Day 84

DATE

S M T W T F S

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

TODAY I'M GRATEFUL FOR

1

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THINGS THAT MADE ME SMILE TODAY



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SOMETHING THAT  
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PEOPLE 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

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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

Day 85

DATE

S M T W T F S

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

TODAY I'M GRATEFUL FOR

1

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THINGS THAT MADE ME SMILE TODAY



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SOMETHING THAT  
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PEOPLE 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

Day 86

DATE

S M T W T F S

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

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 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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*Today,* I discovered this about myself:

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# GRATITUDE JOURNAL

Day 87

DATE

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TODAY I'M GRATEFUL FOR

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*Encouraging scripture or word of the day*

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# GRATITUDE JOURNAL

Day 88

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TODAY I'M GRATEFUL FOR

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THINGS THAT MADE ME SMILE TODAY



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# GRATITUDE JOURNAL

Day 89

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TODAY I'M GRATEFUL FOR

1

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# GRATITUDE JOURNAL

Day 90

DATE

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1

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