

5 Minute Gratitude Journal

Date:

*I am grateful for...*

1.-----

2.-----

3.-----

*What would make today great?*

1.-----

2.-----

3.-----

*Daily Affirmations. I am...*

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*3 Amazing things that happened today...*

1.-----

2.-----

3.-----

*How could I have made today better?*

1.-----

2.-----