Gratitude Journal

List 8 things you're thankful for today. 0 0 0 0 0 0 0 0

List 5 things you're thankful for today.

- 0
- 0
- 0 0

Identify a lesson from a recent challenge.

0

Date:

S | M | T | W | T | F | S

Water intake



Name someone you appreciate and why.

Recall a joyful moment from this week.