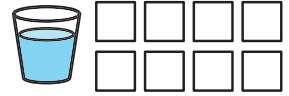


Gratitude Journal

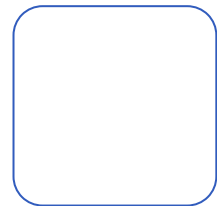
Date: _____



What made you smile today?

- _____
- _____
- _____

Mood Drawing



Things I am Grateful Today

- _____
- _____
- _____
- _____
- _____

Habit Tracker

	Yes	No
_____	<input type="radio"/>	<input type="radio"/>
_____	<input type="radio"/>	<input type="radio"/>
_____	<input type="radio"/>	<input type="radio"/>
_____	<input type="radio"/>	<input type="radio"/>
_____	<input type="radio"/>	<input type="radio"/>

Who are you thankful for, and why?

- _____
- _____
- _____
- _____

What in your surroundings brings you joy?

- _____
- _____
- _____
- _____

What do you appreciate about yourself today?