



**Keeping a Journal  
makes it easy to get in  
the habit of focusing  
on the positives in  
your life.**

# **Gratitude Journal**





*Bucket List*

*Bucket List*

**3 Months From Now I Will Have**

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**6 Months From Now I Will Have**

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**9 Months From Now I Will Have**

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**12 Months From Now I Will Have**

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*End of Month Successes and Goals*

*End of Month Successes and Goals*

**My Successes That I Can Celebrate**

**People And Things That Make Me Smile**

Lined writing area for 'My Successes That I Can Celebrate'.

Lined writing area for 'People And Things That Make Me Smile'.

**Next Month's Goals**

Lined writing area for 'Next Month's Goals'.





















