

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

# Gratitude Journal

Practicing Gratitude

## **Things I Am Grateful For**

Practicing Gratitude



Notes

## Things I Am Positive About

Bucket Rist

#### **3 Months From Now I Will Have**

## Months From Now I Will Have



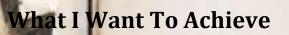
#### 9 Months From Now I Will Have

#### **12 Months From Now I Will Have**

Grateful For Another Week

Start Of The Week

#### Things I Would Like To Do





FFSN

End Of The Week

End of Month Buccesses and Goals

# Next Month's Goals

End of Month Buccesses and Goals

Grateful For Another Week

Start Of The Week

#### Things I Would Like To Do

What I Want To Achieve

Grateful For Another Week



End Of The Week

# End of Month Buccesses and Goals

## My Successes That I Can Celebrate

## Next Month's Goals

End of Month Buccesses and Goals

ESN

Grateful For Another Week

Start Of The Week

## Things I Would Like To Do



Grateful For Another Week

End Of The Week

# End of Month Buccesses and Goals

## My Successes That I Can Celebrate

## Next Month's Goals

End of Month Buccesses and Goals

ESN

Grateful For Another Week

Start Of The Week Things I Would Like To Do



End Of The Week



## Next Month's Goals

End of Month Buccesses and Goals

**People And Things That Make Me Smile** 

BEN

Grateful For Another Week

Start Of The Week Things I Would Like To Do

# What I Want To Achieve



FESN

Start Of The Week

End of Month Buccesses and Goals

## Next Month's Goals

End of Month Buccesses and Goals

Grateful For Another Week

Start Of The Week Things I Would Like To Do

# What I Want To Achieve

# Grateful For Another Week



Start Of The Week

End of Month Buccesses and Goals

## Next Month's Goals

End of Month Buccesses and Goals

## **People And Things That Make Me Smile**

ESN