



# GATHERING GRATITUDE



TODAY I'M FEELING

POSITIVE AFFIRMATIONS


TODAY I'M GRATEFUL FOR

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

SOMETHING I'M PROUD OF

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MORE OF THIS:


LESS OF THIS:


MY FAVORITE MOMENT OF THE DAY

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TOMORROW I LOOK FORWARD TO

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# GATHERING GRATITUDE



DATE

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THIS DAY'S CHALLENGE IS

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HOW DO YOU FEEL?

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HOW DO YOU WANT TO FEEL?

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WHERE DO YOU WANT TO FOCUS YOUR ENERGY?

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*Notes*

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# GATHERING GRATITUDE



DATE

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HIGHLIGHTS OF THE DAY

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_

WHAT IS SOMETHING NEW YOU'VE LEARNED?

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WHAT WERE SOME OF THE CHALLENGES YOU FACED?

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WHAT IS THE BEST THING YOU HAVE DONE FOR  
YOURSELF TODAY?

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HAS PRACTICING GRATITUDE HELPED YOU TODAY?

YES

MAYBE

NO