

Gratitude journal



Take time today to pause, unwind and reflect on what you are grateful for.

Today, I am grateful for:

1. _____
2. _____
3. _____

Three things that made me smile today:

1. _____
2. _____
3. _____



**What inspired
me today?**



**Who in my life am
I grateful for?**

What can I do or say to let them know how grateful I am for them?



Tomorrow, I look forward to...