

WEEKLY GRATITUDE JOURNAL

TB
PM

MONDAY ::

1 _____

2 _____

3 _____

TUESDAY ::

1 _____

2 _____

3 _____

WEDNESDAY ::

1 _____

2 _____

3 _____

THURSDAY ::

1 _____

2 _____

3 _____

FRIDAY ::

1 _____

2 _____

3 _____

SATURDAY ::

1 _____

2 _____

3 _____

SUNDAY::

1 _____

2 _____

3 _____

The practice of gratitude is best done in the morning, starting your day with positive thoughts or last thing before you fall asleep, prepping your mind for positive thoughts/dreams.

"An attitude of gratitude can lead to peace of mind, happiness, improved physical health, and deeper, more satisfying personal relationships."

*<https://www.hioscar.com/blog/health-benefits-of-a-gratitude-routine>