

# Gratitude Journal



W/C \_\_\_ / \_\_\_ / \_\_\_\_\_

MY WORD OF THE WEEK:

HOW CAN I MAKE THIS WEEK AMAZING?

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DAILY GRATITUDE  
3 THINGS I AM GRATEFUL FOR

**M**

- 1.
- 2.
- 3.

**T**

- 1.
- 2.
- 3.

**W**

- 1.
- 2.
- 3.

**T**

- 1.
- 2.
- 3.

**F**

- 1.
- 2.
- 3.

**S**

- 1.
- 2.
- 3.

**S**

- 1.
- 2.
- 3.

GREAT THINGS THAT HAPPENED THIS WEEK

Why did they go well?

I GIVE THANKS TO... People-things-events-places