

Gratitude Journal

Three good things a day

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. _____

Three good things each day, big or small.