

Gratitude Journal

An Attitude of Gratitude

I, _____, commit to filling this journal daily with three things I am thankful for everyday. This is my way of shaping my perspective, choosing contentment, and filling the world with good vibes, one day at a time.

Day	Three Things I'm Grateful For	Quotes
SUN	1. 2. 3.	Every breath is a gift; I am thankful for this life.
MON	1. 2. 3.	I am enough, and I am grateful for all that I am
TUE	1. 2. 3.	My journey is unique, and I appreciate every step of it
WED	1. 2. 3.	I am blessed with resilience, and I am grateful for my strength.
THUR	1. 2. 3.	For my mind, body, and spirit, I am deeply thankful
FRI	1. 2. 3.	I celebrate my progress and am grateful for my growth.
SAT	1. 2. 3.	In all my imperfections, I find beauty and gratitude.

It is a beautiful week ahead

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