Gratitude journal

Three good things a day for one week. Small ones count.

Week of _____

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 best moment of the week

_____

_____

_____

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