

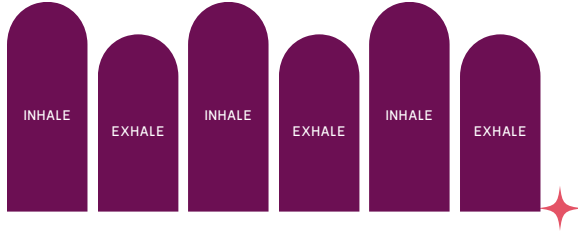
Gratitude Journal

___/___/___



S M T W T H F S

Breathe before writing



TODAY I LEARNED

Blank space for writing "TODAY I LEARNED"

TODAY I ACCOMPLISHED

Blank space for writing "TODAY I ACCOMPLISHED"

TODAY I WAS DELIGHTED BY

Blank space for writing "TODAY I WAS DELIGHTED BY"

DAILY GRATITUDE LIST

Large arched area for the "DAILY GRATITUDE LIST" with a crescent moon and stars icon at the bottom left.

NOTE TO SELF

Four horizontal lines for writing a "NOTE TO SELF"