

CULTIVATE GRATITUDE AND POSITIVITY IN YOUR LIFE EVERY SINGLE DAY

A4 | A5 | LETTER | HALF LETTER | FILLABLE PDF

GRATITUDE *journal*

DATE: *8 August 2023*

TODAY I'M GRATEFUL FOR

M T W T F S S

- *My cup of coffee this morning*
- *Spending the afternoon at the beach*
- *Discovering a new book that gave me inspiration*
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TODAY'S AFFIRMATIONS

- *I can be creative even when it's not perfect*
- *I am connected to myself and the universe*
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TOMORROW I LOOK FORWARD TO

*Spending quality time with
my family*

NOTES & REMINDERS

*Do a self-care activity
today*