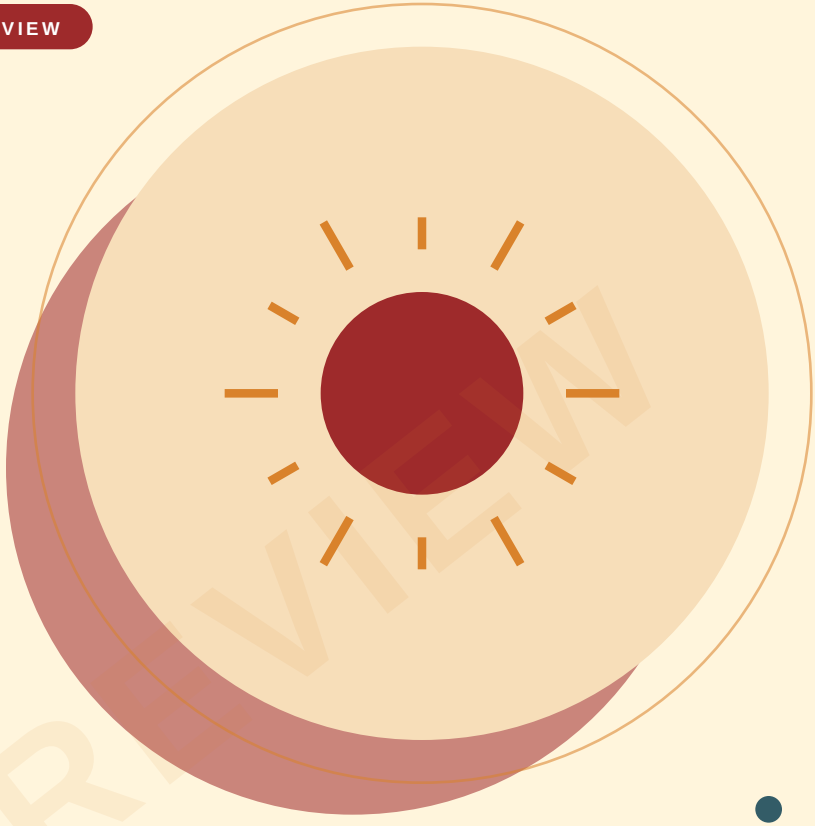
JOURNAL · WELLBEING

FREE PREVIEW



Daily Gratitude Journal

Three minutes a day for a lighter heart

PREVIEW

Daily Gratitude Journal

THIS JOURNAL BELONGS TO

NAME .....

CONTACT .....

START .....

END .....

PREVIEW

HOW TO USE

Daily Gratitude Journal

1. Begin with the date and your mood, write three things you are grateful for, then close with an intention for tomorrow.

2. Fill one page per session; a date and a few quick notes are enough.

3. Print double-sided on 6 x 9 in paper; the inner margin is widened for binding.

4. Review every weekend: spot patterns and celebrate small progress.

PREVIEW

DATE .....

DAY .....

MOOD

MOOD

1 2 3 4 5 6 7 8 9 10

ENERGY

1 2 3 4 5 6 7 8 9 10

TODAY I AM GRATEFUL FOR

BEST THING TODAY

AFFIRMATION

INTENTION FOR TOMORROW

PREVIEW

DATE .....

DAY .....

MOOD

MOOD

1 2 3 4 5 6 7 8 9 10

ENERGY

1 2 3 4 5 6 7 8 9 10

TODAY I AM GRATEFUL FOR

BEST THING TODAY

AFFIRMATION

INTENTION FOR TOMORROW

PREVIEW

Like the design?

Get the full version: every interior page, no watermark, print-ready at 6 x 9 in.

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PREVIEW

Remaining pages are locked in the preview