



# GRATITUDE JOURNAL

Start date:

Each day, write down 3 things that you are grateful for. They could be big or small. Try to think of three different things each day!

Monday

1.

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2.

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3.

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Tuesday

1.

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2.

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3.

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Wednesday

1.

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2.

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3.

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Thursday

1.

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2.

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3.

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Friday

1.

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2.

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3.

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Saturday

1.

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2.

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3.

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Sunday

1.

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2.

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3.

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Thoughts and reflections

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