

GRATITUDE  
*journal*



LIST 10 HOBBIES OR ACTIVITIES  
THAT BRING YOU JOY.

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WHO HAS MADE YOU SMILE THIS  
WEEK AND WHY?

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WHAT IS YOUR FAVORITE MEMORY  
WITH YOUR BEST FRIENDS?

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WHAT DO YOU LIKE MOST ABOUT  
THE CITY OR TOWN YOU LIVE IN?

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WHAT IS YOUR BIGGEST  
ACCOMPLISHMENT IN YOUR  
PROFESSIONAL LIFE?

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WHAT IS YOUR BIGGEST  
ACCOMPLISHMENT IN YOUR  
PERSONAL LIFE?

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WRITE DOWN YOUR  
FAVORITE QUOTE.

DESCRIBE A TIME YOU WERE  
A LEADER.

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WHAT IS YOUR FAVORITE  
MEMORY WITH YOUR  
MOTHER/FATHER/SIBLING?

LIST ONE TO THREE THINGS YOU  
HAVE BEEN PUTTING OFF BUT  
ACCOMPLISHED RECENTLY.

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WHAT ARE YOUR FAVORITE THINGS  
ABOUT THIS CURRENT SEASON  
(WINTER, SPRING, SUMMER, FALL)?

NAME THREE THINGS THAT  
CHEER YOU UP ON A  
ROUGH DAY.

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NAME A SKILL YOU'VE  
RECENTLY MASTERED.

LIST 10 QUALITIES YOU LIKE  
ABOUT YOURSELF.

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SHARE ONE OF THE FUNNIEST JOKES  
YOU'VE RECENTLY HEARD.

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