Morning

Today I am grateful for:

__________________________________
__________________________________
__________________________________

This is something I can do to make today great:

__________________________________
__________________________________
__________________________________

Afternoon

Each act of kindness makes the world a better place. Here is one nice thing I did today:

__________________________________
__________________________________
__________________________________

My brain grows by learning from mistakes. Here’s a mistake I made today:

__________________________________
__________________________________
__________________________________

Date: ___________________
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Gratitude Journal