Date:	Date:
Morning	Morning
Today I am grateful for:	Today I am grateful for:
This is something I can do to make today great:	This is something I can do to make today great:
Afternoon	Afternoon
Each act of kindness makes the world a better place. Here is one nice thing I did today:	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:	My brain grows by learning from mistakes. Here's a mistake I made today:
	

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Gratitude Journal

