

MY GRATITUDE JOURNAL

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PRACTISING GRATITUDE (THANKFULNESS) CAN INCREASE OUR
HAPPINESS! USE THIS PAGE TO WRITE OR DRAW YOUR
GRATITUDE!

TODAY'S DATE: _____

TODAY I AM THANKFUL FOR:

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SOMETHING I'M PROUD OF

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TOMORROW I LOOK FORWARD TO

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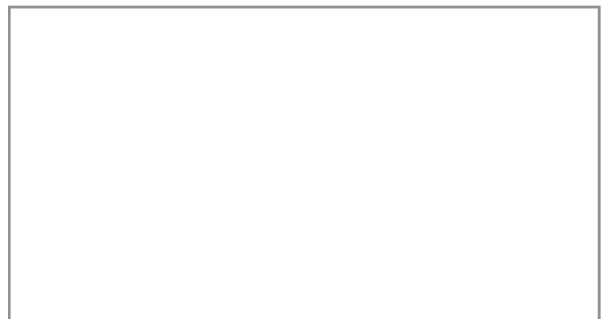


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