

Simply Grateful
GRATITUDE
JOURNAL

— ♥ —
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THIS JOURNAL BELONGS TO:



Today's GRATITUDE

Date:



Today I Feel:



3 Things I Am Grateful For:



What Would Make Me Happy Today?



What Did I Accomplish Today?



3 Good Things That Happened Today?

most **THANKFUL** for

YEAR CHALLENGES

ACCOMPLISHMENTS FOR THE YEAR

AREAS OF IMPROVEMENT FOR THE UPCOMING YEAR

TODAY'S *reflection*

Reflect on a challenging experience from the past year and identify aspects of the experience for which you are grateful. How did it help you grow or learn?

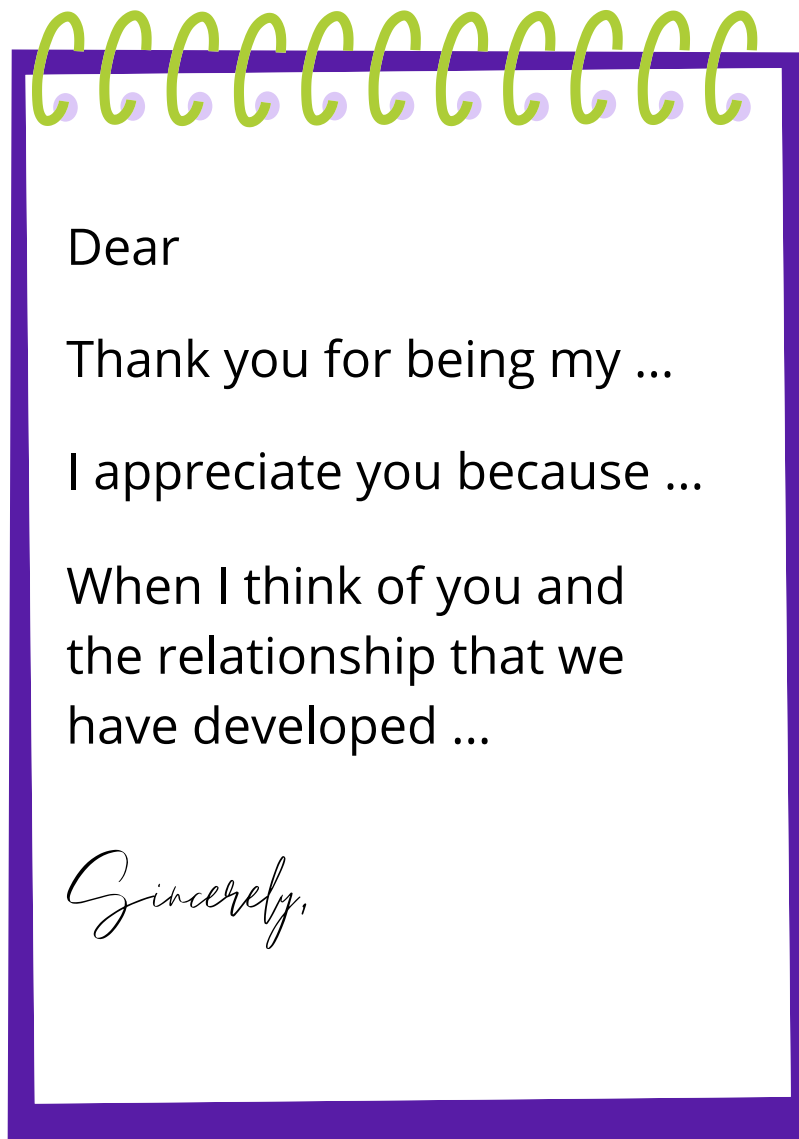
I'M *grateful* FOR

What did the younger version of myself experience that I am grateful for today?

i Thank you!

GRATITUDE EXPRESSIONS

Write a letter to a friend or family member who did something special for you but you've never had an opportunity to thank them for their kindness and/or support.



Dear

Thank you for being my ...

I appreciate you because ...

When I think of you and
the relationship that we
have developed ...

Sincerely,

“

I HAVE A LOT TO BE

thankful **FOR.**

I AM

healthy, happy

AND I AM *loved.*



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my life **GRATITUDE AFFIRMATIONS**

A life worth loving, is a life worth living.

This simple statement holds so much truth. To love our lives is to be grateful for what we have and to live each day to the fullest. When we love our lives, we recognize the beauty in the everyday moments and cherish the people and experiences that make up our journey.

10 THINGS I'M GRATEFUL FOR IN MY LIFE:



HAPPY *Thanksgiving*



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