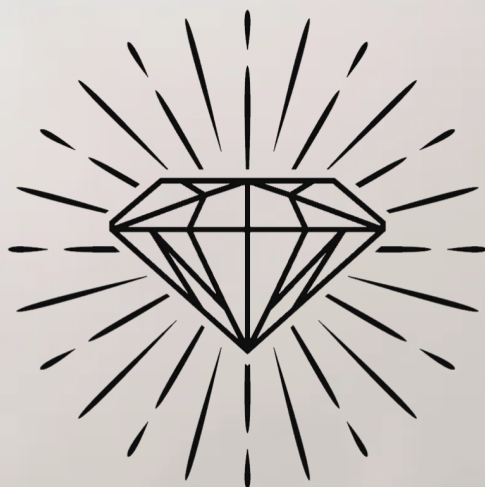




Be Well

GRATITUDE

JOURNAL



Grateful



Be Well



GRATITUDE JOURNAL

DATE

WEEKLY GRATITUDE:

THINGS I'M LOOKING FORWARD TO:







Affirmation for the Week

REFLECTIONS:



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MORNING ROUTINE

TODAY I'M **GRATEFUL** FOR:

WHAT I WANT TO **ACHIEVE** TODAY:

HOW CAN I SET MYSELF UP FOR **SUCCESS** TODAY:

EVENING RITUAL

ONE THING THAT MADE ME **SMILE** TODAY:

THE **BEST** PART OF MY DAY:

WHAT WOULD HAVE MADE TODAY **GREATER**?

Reflections:

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MORNING ROUTINE

TODAY'S **MANTRA**:

TODAY I AM **LOOKING FORWARD** TO:

TODAY'S **PRIORITIES**:

EVENING RITUAL

ONE THING **GOOD** THING THAT HAPPEND TODAY:

PEOPLE THAT I **APPRECIATE**:

I AM **PROUD** OF MYSELF FOR:

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MORNING ROUTINE

TODAY'S **AFFIRMATION**:

WHAT DO I WANT TO **HAPPEN** TODAY:

WHAT GIVES ME **ENERGY**?

EVENING RITUAL

THREE **GOOD** THINGS THAT HAPPEND TODAY:

PEOPLE THAT I **APPRECIATE**:

WHEN DO I FEEL MY **BEST**? WHY?

Reflections:

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MORNING ROUTINE

TODAY I AM **GRATEFUL** FOR:

THREE THINGS TO **ACHIEVE** TODAY:

WHAT BRINGS ME **JOY**?

EVENING RITUAL

FIVE THINGS I AM CURRENTLY **LOVING**:

HOW I SHOWED **KINDNESS** TO MYSELF TODAY:

SIMPLE WAYS TO BE **KINDER** TO OTHERS THIS WEEK:

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MORNING ROUTINE

NAME A PERSON THAT YOU **LOVE** AND WHY:

WHAT IS YOUR FAVORITE PLACE TO **RELAX** & WHY?

NAME A PERSON YOU FEEL **GRATEFUL** FOR:

EVENING RITUAL

WHAT IS YOUR **FAVORITE** THING TO DO AT HOME?

NAME A PERSON THAT YOU **LOVE** & WHY:

WHO DO YOU **ENJOY** SPENDING TIME WITH & WHY?

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MORNING ROUTINE

HOW CAN I **NURTURE** MYSELF TODAY?

WHAT AM I **GRATEFUL** FOR ABOUT MYSELF?

HOW WILL I **SHARE** GRATITUDE TODAY?

EVENING RITUAL

HOW WILL YOU **CREATE** A NIGHT TIME RITUAL FOR WELLNESS?

HOW CAN YOU **SHARE** A RANDOM ACT OF KINDNESS?

WHAT BROUGHT YOU A GOOD **LAUGH** TODAY?

Reflections:

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MORNING ROUTINE

WHO IS A **FRIEND** YOU ARE GRATEFUL FOR & WHY?

WHAT WILL YOU DO TODAY TO **SHARE** A SMILE OR LAUGH?

LIST TWO REASONS YOU ARE **EXCITED** FOR TODAY?

EVENING RITUAL

3 THINGS TO NOURISH YOUR **BODY, MIND & SOUL:**

HOW CAN YOU MAKE TOMORROW MORE **MEANINGFUL**?

WRITE DOWN ONE **GOOD** THING THAT HAPPENED TODAY:

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WEEKLY GRATITUDE:

WHAT BRINGS GRATITUDE WITH THE PASSING OF TIME?







Affirmation for the Week

REFLECTIONS:



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