



GRATITUDE & REFLECTION

DATE: ____ / ____ / ____

DAY: M T W T F S S

1 I AM GRATEFUL FOR...

1.
2.
3.
4.
5.

2 TODAY'S HIGHLIGHTS

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3 LESSONS I LEARNED TODAY

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4 CHALLENGES I FACED

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5 HOW I CAN GROW

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6 AFFIRMATION FOR TOMORROW

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*Gratitude turns what we have into enough
and more into meaning.*

