



GRATITUDE LOG

Take a moment each day to reflect on what you're grateful for.

Day 1 - Today I'm grateful for:

Day 2 - Today I'm grateful for:

Day 3 - Today I'm grateful for:

Day 4 - Today I'm grateful for:

Day 5 - Today I'm grateful for:

Day 6 - Today I'm grateful for:

Day 7 - Today I'm grateful for:

NOTES / REFLECTION