

GirlTalk4Real

Gratitude Journal

By Blush Branding

Gratitude
helps you fall
in love with
the life you
already have

Notes

FILL EACH DAY WITH

DATE : _____

Gratitude

3 SMALL THINGS I
APPRECIATE TODAY?

3 GOOD THINGS
HAPPENED TODAY

TODAY'S POSTIVE AFFIRMATION

MY FAVOURITE
MOMENTS OF THE DAY

THE *Gratitude* JAR



THINGS I FEEL
THANKFUL
FOR

Morning check in

I WOKE UP FEELING



Awesome



Good



Okay



Not good



Horrible

WHAT DO YOU WANT TO ACCOMPLISH TODAY?

HOW DO YOU WANT TO FEEL TODAY?

TODAY'S AFFIRMATION:

Evening Gratitude

3 THINGS I'M GRATEFUL FOR TODAY ARE...

THE BEST PART OF TODAY WAS...

WHAT CAN I LEARN FROM TODAY'S EXPERIENCES?

TOMORROW I'M LOOKING FORWARD TO...

Weekly check in

GirlTalk4Real

DATE _____

TOP 3 THINGS I AM FEELING GOOD
ABOUT RIGHT NOW

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THIS WEEK I FELT

MOST REWARDING INTERACTION I
HAD THIS WEEK

NEXT WEEK I WANT TO

THINGS I ACCOMPLISHED THIS
WEEK

WHAT WAS THE BEST THING
ABOUT THE WEEK?

MY RANKING OF THE WEEK



Be grateful for
the little
things