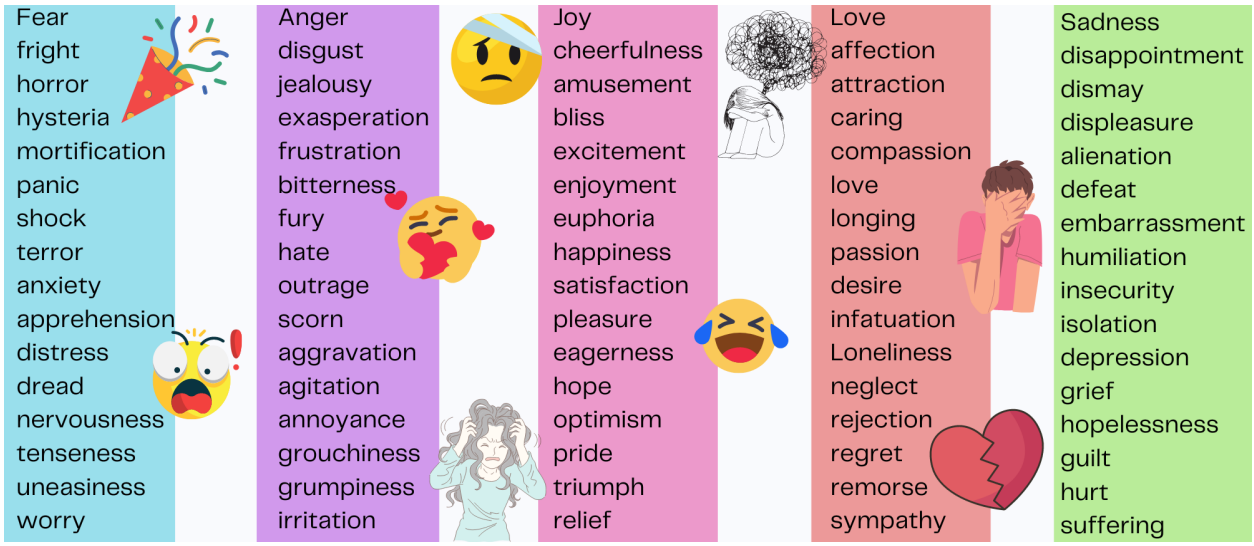
Gratitude Journal

How are you feeling today?



List 3 Things that you are Grateful for (examples below):

1._____

2._____

3._____

What are you looking forward to today?

What is something good that happened yesterday?