Gratitude Journal

I commit to filling this journal daily with three things I am thankful for. This is my way of shaping my perspective, choosing contentment, and living purposefully, one day at a time.

Start Date:	Today I'm feeling:

An Attitude of Gratitude

- ☐ Started with a quiet mind and 5 deep breaths
- ☐ Wrote three things I'm grateful for
- ☐ Reflected on my favorite moment and positive note to self

Date	Three Things I'm Grateful For	Today's Note to Self/ positive affirmation
Week 1	1. 2. 3.	
MON	1. 2. 3.	
TUE	1. 2. 3.	
WED	1. 2. 3.	

THUR	1. 2. 3.	
FRI	1. 2. 3.	
SAT	1. 2. 3.	

Happiness is a mood. Positivity is a mindset.

a perfect plate