

GRATITUDE JOURNAL

WEEK ONE

THIS WEEK I'M GRATEFUL FOR

- _____
- _____
- _____

gratitude
CHANGES
every
thing

GOALS FOR NEXT WEEK

- _____
- _____
- _____
- _____

NOTES / REMINDERS

SOMETHING I'M PROUD OF THIS WEEK

- _____
- _____
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- _____

NEXT WEEK I LOOK FORWARD TO

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GRATITUDE JOURNAL

WEEK TWO

THIS WEEK I'M GRATEFUL FOR

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Begin
EACH WITH
DAY ((A))
grateful
HEART

GOALS FOR NEXT WEEK

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NOTES / REMINDERS

SOMETHING I'M PROUD OF THIS WEEK

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NEXT WEEK I LOOK FORWARD TO

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GRATITUDE JOURNAL

WEEK THREE

THIS WEEK I'M GRATEFUL FOR

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GOALS FOR NEXT WEEK

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NOTES / REMINDERS

SOMETHING I'M PROUD OF THIS WEEK

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NEXT WEEK I LOOK FORWARD TO

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GRATITUDE JOURNAL

WEEK FOUR

THIS WEEK I'M GRATEFUL FOR

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GOALS FOR NEXT WEEK

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NOTES / REMINDERS

SOMETHING I'M PROUD OF THIS WEEK

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NEXT WEEK I LOOK FORWARD TO

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GRATITUDE JOURNAL

WEEK FIVE

THIS WEEK I'M GRATEFUL FOR

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THERE ARE
(SO) many
BEAUTIFUL
reasons
TO BE
happy

GOALS FOR NEXT WEEK

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NOTES / REMINDERS

SOMETHING I'M PROUD OF THIS WEEK

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NEXT WEEK I LOOK FORWARD TO

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GRATITUDE JOURNAL

WEEK SIX

THIS WEEK I'M GRATEFUL FOR

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GOALS FOR NEXT WEEK

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NOTES / REMINDERS

SOMETHING I'M PROUD OF THIS WEEK

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NEXT WEEK I LOOK FORWARD TO

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