

GRATITUDE

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I WAS FEELING TODAY:

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POSITIVE AFFIRMATION TO GET BETTER:

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TODAY I AM GRATEFUL FOR:

1	
2	
3	

I AM PROUD OF:

<p>I WANT MORE OF THIS:</p> <hr/> <hr/> <hr/> <hr/> <hr/>	<p>I WANT LESS OF THIS:</p> <hr/> <hr/> <hr/> <hr/> <hr/>
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MY FAVOURITE PART OF THIS DAY:

WHAT I WANT FROM TOMORROW:

GRATITUDE

THIS MONTH:

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THIS MONTH, MY INTENTIONS ARE:

HOW I FEEL ABOUT THEM
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HOW I WANT TO FEEL
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WHAT DO I WANT TO FOCUS MY ENERGY ON?

Notes:

GRATITUDE

SUMMARY OF THE MONTH

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IMPORTANT EVENTS OF THIS MONTH

- 1 _____
- 2 _____
- 3 _____

WHAT HAVE I LEARNED?

WHAT CHALLENGES DID I HAVE TO FACE?

WHAT IS THE BEST THING I HAVE DONE FOR MYSELF
IN THE PAST MONTH?

HAS PRACTICING APPRECIATION HELPED ME IN ANY
WAY THIS MONTH?

YES

MAYBE

NO