

**Today I Am
Grateful For**



Daily Journal

Monday





Morning Gratitude...

As I begin my day I am thankful for:

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.



The background features a soft gradient from light purple at the top to light blue at the bottom. Scattered throughout are realistic-looking water droplets of various sizes. In the upper center, a faint, glowing sun with rays is visible.

Facing Challenges

The lessons I am learning from today's challenges are:

1.

2.

3.

People I'm Grateful For

I give thanks and celebrate these people today:

Name:

Because: _____

Name:

Because: _____

Name:

Because: _____



The Best Part Of Today

As I reflect on my day, the moment that stands out for me as the best part of the day is:

Tuesday





Morning Gratitude...

As I begin my day I am thankful for:

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People I'm Grateful For

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Name:

Because: _____

Name:

Because: _____

The Best Part Of Today

As I reflect on my day, the moment that stands out for me as the best part of the day is:

Wednesday





Morning Gratitude...

As I begin my day I am thankful for:

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Facing Challenges

The lessons I am learning from today's challenges are:

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People I'm Grateful For

I give thanks and celebrate these people today:

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The Best Part Of Today

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Thursday





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Name:

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The Best Part Of Today

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Friday





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People I'm Grateful For

I give thanks and celebrate these people today:

Name:

Because: _____

Name:

Because: _____

Name:

Because: _____



The Best Part Of Today

As I reflect on my day, the moment that stands out for me as the best part of the day is:



Saturday





Morning Gratitude...

As I begin my day I am thankful for:

1.

2.

3.

4.

5.

6.

7.

8.

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Facing Challenges

The lessons I am learning from today's challenges are:

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People I'm Grateful For

I give thanks and celebrate these people today:

Name:

Because: _____

Name:

Because: _____

Name:

Because: _____



The Best Part Of Today

As I reflect on my day, the moment that stands out for me as the best part of the day is:



Sunday





Morning Gratitude...

As I begin my day I am thankful for:

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Facing Challenges

The lessons I am learning from today's challenges are:

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People I'm Grateful For

I give thanks and celebrate these people today:

Name:

Because: _____

Name:

Because: _____

Name:

Because: _____



The Best Part Of Today

As I reflect on my day, the moment that stands out for me as the best part of the day is:

Quotes & Notes

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Yeomaness

Inspiring Confidence ~ Unlocking Potential