



DAILY GRATITUDE JOURNAL

WHAT HAS YOUR BODY AND YOUR SENSES HELPED YOU APPRECIATE TODAY? (E.G., MOVEMENT.. SIGHTS.. SMELLS.. SOUNDS.. TASTES..)

WHAT CHALLENGES DID YOU FACE TODAY THAT YOU CAN BE THANKFUL FOR IN SOME WAY? WHAT ARE YOU LEARNING?

WHO OR WHAT HAVE YOU CONNECTED WITH TODAY THAT MADE YOU LAUGH, SMILE, OR FEEL GRATEFUL? (E.G., PEOPLE - PLACES - ANIMALS -NATURE)

WHAT PART OF TODAY MADE YOU FEEL MOST FULFILLED? WHAT MADE THIS TIME MEANINGFUL?