

DATE

Gratitude journal

Something cool that
happened to me

Someone nice I met

Something I managed to do

Someone who helped me

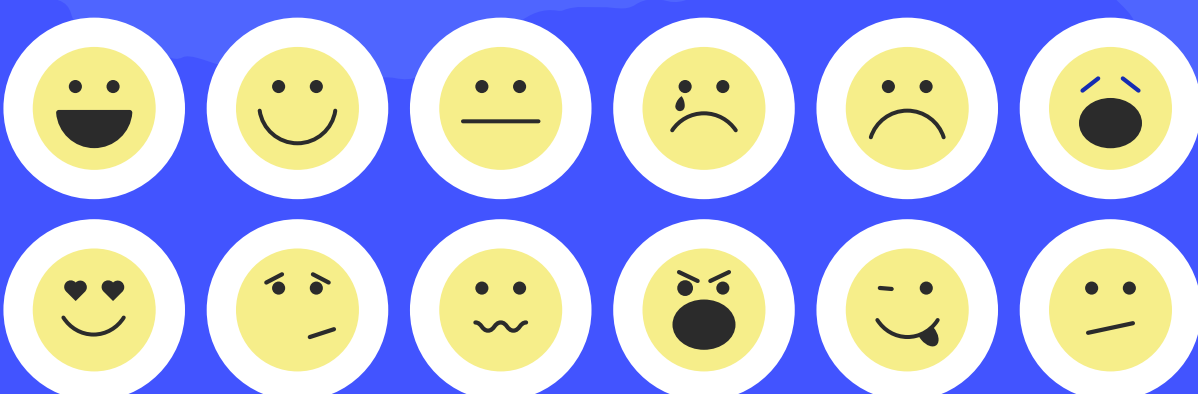
Something that made me
feel better

Someone I love

Something that made me proud

Someone who made me laugh

I'm feeling



A note or a nice drawing
to myself