

# Gratitude Journal

Date:

Daily Intention: \_\_\_\_\_

Today I am Grateful For:

- 1) \_\_\_\_\_  
\_\_\_\_\_
- 2) \_\_\_\_\_  
\_\_\_\_\_
- 3) \_\_\_\_\_  
\_\_\_\_\_

A Goal for Tomorrow:

\_\_\_\_\_  
\_\_\_\_\_

Happiness Level:



Date:

Daily Intention: \_\_\_\_\_

Today I am Grateful For:

- 1) \_\_\_\_\_  
\_\_\_\_\_
- 2) \_\_\_\_\_  
\_\_\_\_\_
- 3) \_\_\_\_\_  
\_\_\_\_\_

A Goal for Tomorrow:

\_\_\_\_\_  
\_\_\_\_\_

Happiness Level:

