

GRATITUDE JOURNAL



Write about three things you are grateful for every weekday. It's a good way to maintain positive thinking and mindfulness!

<p>Monday</p> <p>1.</p> <p>2.</p> <p>3.</p>
<p>Tuesday</p> <p>1.</p> <p>2.</p> <p>3.</p>
<p>Wednesday</p> <p>1.</p> <p>2.</p> <p>3.</p>
<p>Thursday</p> <p>1.</p> <p>2.</p> <p>3.</p>
<p>Friday</p> <p>1.</p> <p>2.</p> <p>3.</p>