

# My gratitude journal

Date:

Name:

Who I'm  
grateful for today:



What I'm  
grateful for today:



What I want to  
remember from today:



Who helped me today and how:

Who did I help today and how:

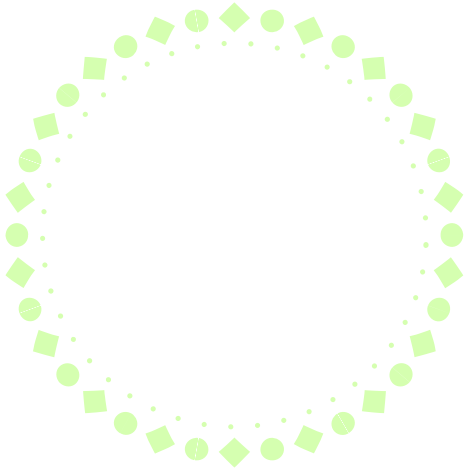
What made me happy today:

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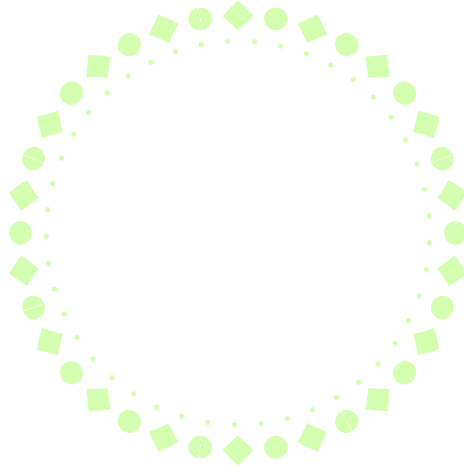
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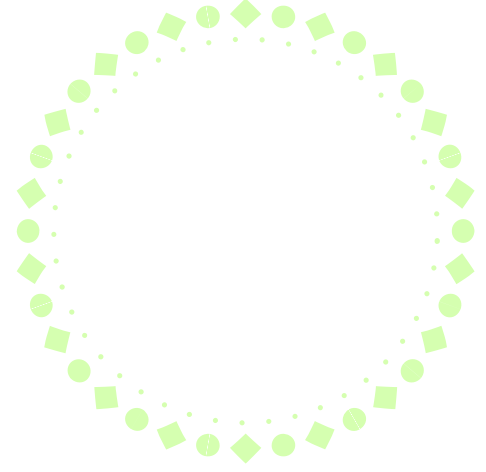
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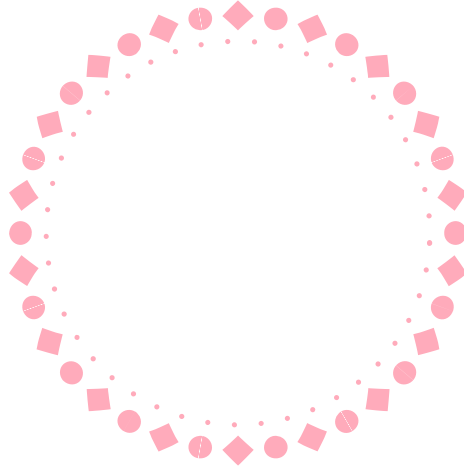
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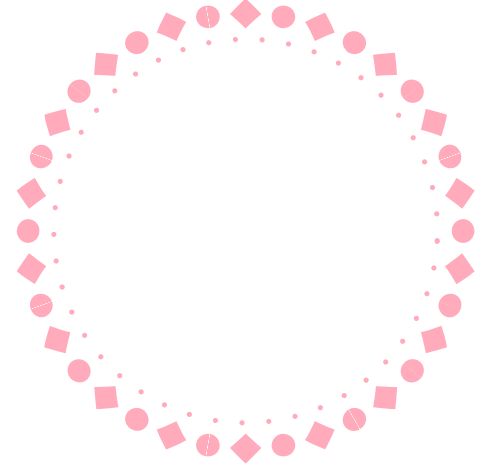
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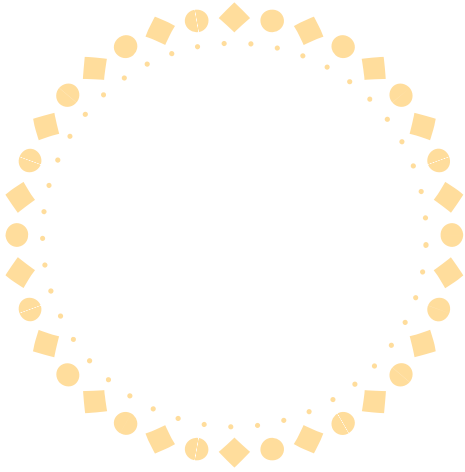
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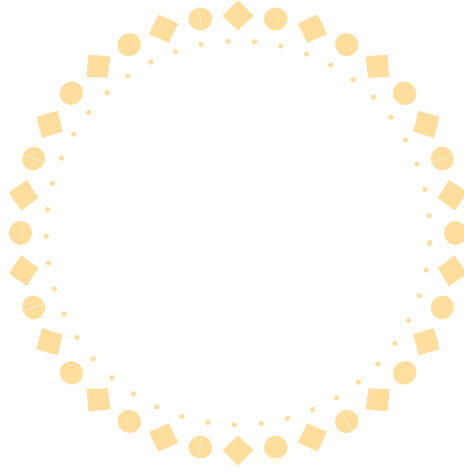
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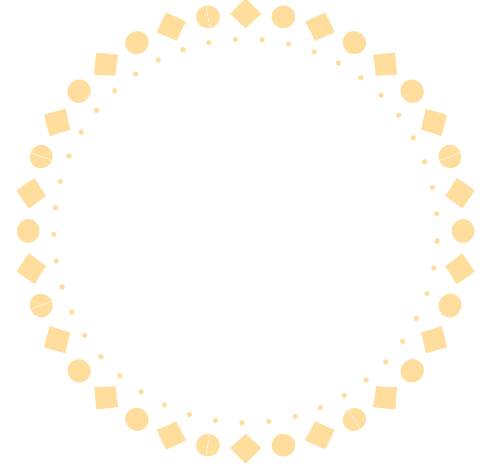
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