GRATITUDE JOURNAL

DATE

S M T W T F S	
THINGS I'M GRATEFUL FOR TODAY	THINGS TO DO TODAY
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MANIFEST TODAY BEFORE IT STARTS	THOUGHTS AND BEHAVIOURS FOR TODAY
'HOW WAS YOUR DAY TODAY?	
HOW WAS YOUR DAY TODAY?	
TOMORROW'S FOCUS / TASKS	
	REFLECT ON TODAY, FOR TOMORROW TALK TO YOUR FUTURE SELF
TOMORROW'S FOCUS / TASKS	

