

manifestation series

GRATITUDE

Journal

TAKE THE TIME — UNWIND YOUR MIND

create your dream life

This Book Belongs To

About Me

Year:

Date:

Name:

My Goals:

Why I Started Journaling:

My Motivations

Reason 1.

Reason 2.

Reason 3.

My Habit

New Healthy Habits

Bad Habits To Reduce

Rewards

Rewards For Meeting My Goals

1.

2.

3.

4.

Why I Deserve These

Daily Gratitude Journal

Today I Am Gratitude For

Quotes & Affirmations

Looking Forward To Today

Things That Make
Be Happy

Getting Better Each Day

My Challenge

Let Go Of

Tomorrow I Will

Getting Better Each Day

Weekly Gratitude

Monday	Today I Am Grateful For _____ _____ _____	Why
Tuesday	Today I Am Grateful For _____ _____ _____	Why
Wednesday	Today I Am Grateful For _____ _____ _____	Why
Thursday	Today I Am Grateful For _____ _____ _____	Why
Friday	Today I Am Grateful For _____ _____ _____	Why
Saturday	Today I Am Grateful For _____ _____ _____	Why
Sunday	Today I Am Grateful For _____ _____ _____	Why

Monthly Reflections

Month:

How Was This Month?

Highlights This Month

Challenges

Grateful

What Went Well

Improvements

Do More Off	Do Less Off
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Setting Up For Success Next Month

To Start	Continue	To Stop
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Next Month I Am Coming To:

Mood

Rating

Gratitude Blank

Health

Work & Career

Personal Growth

Fun & Leisure

Love

Friends

Family

Finance

The 5 Minute Journal

Date:

People I Am Grateful For

What I Love About My Body

Wonderful Things That Happened

Achievements

Going Forward

Things I'm Excited About

-
-
-
-

Thoughts & Notes

Things To Let Go

-
-
-
-
-
