

GRATITUDE JOURNAL



MOVEMENT 1ST WELLNESS

TODAY'S DATE:

[Blurred area for date entry]

THREE PEOPLE THAT
I AM GRATEFUL FOR:

THREE THINGS I AM
GRATEFUL FOR:

ONE POSITIVE WORD:

[Blurred area for positive word entry]

THE WORLD IS A GOOD PLACE BECAUSE...

I APPRECIATE THAT I AM...

I'M LOOKING FORWARD TO...

