



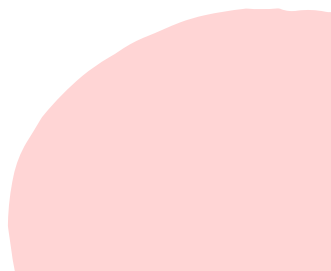
Gratitude

Journal





This Journal Belongs To



I'm Grateful for

This Person Brought me joy Today

One Happy Memory

[illegible]

Date:

What I'm Loving about life right now

Today I feel



Somethings fun I'm Looking Forward To

Reframe my Thoughts

Situation /Event: _____

Negative Thought

Positive Thought

Thoughts in my day

Situation /Event: _____

Negative Thought

Positive Thought

When I'm Tired, I _____

When I'm Stressed, I _____

When I'm Upset, I _____

When I'm Angry, I _____

When I Feel Down, I _____

My Confidence Goals

What I want to achieve:_____

By: _____

Challenges:_____

What I need to do

Result:_____

Key Takeaway:_____

What I want to achieve:_____

By:_____

Challenges:_____

What I need to do

Result:_____

Key Takeaway:_____

Change a habit in 21 days

Start Date: _____ Finish Date: _____

My Goals is: _____

How Do you feel ?

Day 01

Day 02

Day 03

Day 04

Day 05

Day 06

Day 07

Day 08

Day 09

Day 10

Day 11

Day 12

Day 13

Day 14

Day 15

Day 16

Day 17

Day 18

Day 19

Day 20

Day 21

Reflect on the experience :

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.....

.....

.....

.....

Manage My Feelings

The worst feeling in my life is:

What can help me move through this feeling:

The best that can happen is:

What can I do to achieve that:

The worst feeling in my life is:

Say Somethings nice about yourself/your life:

Priorities of my life

Priority 01

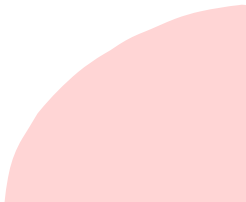
Priority 02

Priority 03

Priority 04

Priority 05

Priority 06



Share More About Yourself

I'm Someone who loves

I'm Someone who can

I'm Someone who has

I'm Someone who wishes

I'm Someone who is thankful for

I'm Someone who never forgets to

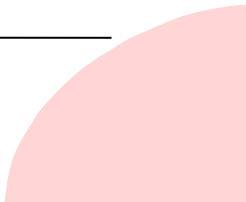


Practicing Gratitude

A person I'm Glad to have in my life

A Place Where I Feel Safe

A life lesson I have learned

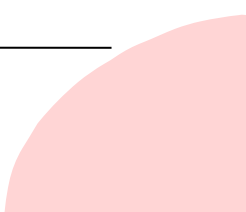




A future event that I am excited about

An accomplishment I am proud of

My Favorite time of the day





My Favorite song that improves my mind

A Memory that makes me smile

My Favorite food or meal





A Characteristic of my home that I love

A favorite aspect of my personality

A book that I loved Reading

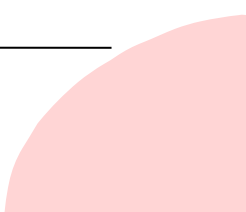




This is the task I enjoy the most at work.

What would I tell my future self

What am I afraid to do





The outfit I Feel the most confident in

What would my perfect day look like

What Do I need less of

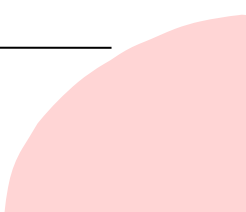




If I could do anything, what would it be

Who or what inspires me the most

What Drains my energy

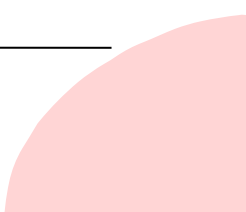




What is holding me back from changing

What is somethings I will never forget

What are my daily habits

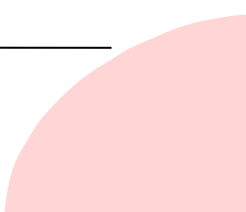




My favorite place to go

What am I passionate about

I Deserve love Because





Where do I want to be in the next 5 Years

How I do take care of my self

What motivates me





If I could travel anywhere in the world, where would I go

How can I love myself more

Who makes me the happiest





What is the one pieces of advice I'd give my future self

Can I improve on any of my daily habits

What makes me upset





What steps am I taking to reach my goals

When do I feel like the happiest version of myself?

What am I afraid to do





If I could be anything in the world , what would I be

How can I improve my daily routines

What makes me upset

