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NAME

DATE

GRATITUDE JOURNAL

Things to be grateful for



Someone whose company I
enjoy...

The best part about today.....

A reason to be excited about the
future...

A valuable lesson I learned...

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NAME

DATE

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Things to be grateful for



Someone who I admire...

Something beautiful I saw...

A fun experience I had...

An act of kindness I witnessed or received...

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NAME

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DATE

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Things to be grateful for



Someone I can always rely on...

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Something I can be proud of...

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An unexpected good thing that happened...

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An experience I feel lucky to have...

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