

GRATITUDE

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TOTAY I FEEL

I AFFIRM

I FEEL GRATEFUL FOR

1 _____

2 _____

3 _____

SOMETHING I AM PROUD OF

MORE OF:

LESS OF:

FAVOURITE MOMENT OF THE DAY

TOMORROW I WOULD LIKE

GRATITUDE

this month

/ /

MONTHLY INTENTION

HOW ARE YOU FEELING?	HOW WOULD YOU LIKE TO FEEL?
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WHERE SHOULD YOU FOCUS YOUR ENERGY?

Notes

GRATITUDE

monthly review

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HIGHLIGHTS OF THE MONTH

- 1 _____
- 2 _____
- 3 _____

WHAT DID YOU LEARN?

WHAT CHALLENGES DID YOU FACE?

WHAT DID YOU DO FOR YOURSELF?

HAS PRACTICING GRATITUDE HELPED YOU THIS MONTH?

absolutely

a little

no