

5 Minute Gratitude Journal

DATE

M T W T F S S



TAKE A MOMENT EACH DAY TO REFLECT ON THE THINGS YOU'RE THANKFUL FOR

TODAY I'M GRATEFUL FOR

1

2

3

THINGS THAT MADE ME SMILE TODAY







**SOMETHING THAT
INSPIRED ME TODAY**

**PEOPLE I'M GRATEFUL
TO HAVE IN MY LIFE**

Daily Affirmation

NOTES & FREE THOUGHTS

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