

# gratitude journal

week of:

**Monday** - *today I am grateful for...*

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

**Tuesday** - *today I am grateful for...*

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

**Wednesday** - *today I am grateful for...*

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

**Thursday** - *today I am grateful for...*

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

**Friday** - *today I am grateful for...*

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

**Saturday and Sunday**

*Weekly Reflections*

**Next Week's Focus**

*Coordinating Chaos*