



Gratitude Journal

Self-love and self-acceptance is so important and it starts with daily self-reflection and gratitude. It turns out, by being grateful daily actually increases your brain function and happiness, fancy that!

MORNING

Three things I am grateful for

- 1.
- 2.
- 3.

Three things I am going to accomplish today

- 1.
- 2.
- 3.

Three ways I am going to give back today

- 1.
- 2.
- 3.

EVENING

Three things I am thankful for from today

- 1.
- 2.
- 3.

Did I accomplish my goals for today? If not, why?

Am I happy about the person I was today?

Print as many as you want! This is a daily life changing experience. I would ask that you make a promise to yourself that you are going to do this daily for your happiness... because if you can't keep a promise to yourself... who can you keep a promise to?

You can also purchase a Daily Journal I published that features this gratitude technique daily plus an amazing assortment of meditation techniques and self-reflection prompts!