



Gratitude Journal

HOW TO USE THIS JOURNAL

EACH DAY:

- Journal about the big and small things in life for which you are thankful
- Do something kind
- Take time to be present in the moment



activate



connect



inspire

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averygooddeed.org





DATE	Today I am grateful for....
One kind thing I did today...	
I took time to be present <input type="checkbox"/> Yes <input type="checkbox"/> No	

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