Daily Gratitude Journal

Name:	Age:
Gender:	
Instructions:	
Use this journal at the start and end of your day personal growth. Answer the prompts thoughtfully, and significant aspects of your life.	to reflect on moments of gratitude, positivity, an allowing yourself to pause and appreciate the small
Morning reflection	
What are three things you're grateful for today?	
2. What is one thing you're looking forward to toda	ıy?
3. How can you bring positivity to your day?	

Evening reflection
What were three positive moments from your day
2. Who or what made you smile today, and why?
3. What is one challenge you overcame, and what did you learn?
or what is one chamenge you eversume, and much and you rearm.
Personal insights
Personal insights 1. What is one thing about yourself you are proud of today?
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What is one thing about yourself you are proud of today?
1. What is one thing about yourself you are proud of today? 2. What is one act of kindness you noticed or performed today?
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