

*The Gratitude  
Journal*



[carmeljoybaird.com](http://carmeljoybaird.com)

# GRATITUDE JOURNAL

DATE: \_\_\_\_\_

S M T W T F S

TODAY I'M GRATEFUL FOR

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

WATER INTAKE

  
1L                      2L                      3L

WEATHER



TODAY'S AFFIRMATION

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

NOTES / REMINDERS



SOMETHING I'M PROUD OF

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- \_\_\_\_\_
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TOMORROW I LOOK FORWARD TO

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