DAILY gratitude

DATE: _____

Morning

Today's Mantra:

_____

_____

To make today great, I will:

_____

_____

_____

Looking forward to today:

_____

_____

_____

Evening

Today, I am grateful for:

_____

_____

People that I appreciate:

_____

_____

_____

Three things that I loved about today:

_____

_____

_____

OTHER THOUGHTS

MOMENT TO REMEMBER

ONE THING THAT I LOVED ABOUT MYSELF TODAY

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