

The background features four organic, flowing shapes in a muted red, a vibrant blue, and a deep purple. These shapes are positioned in the corners, creating a frame around the central text. Thin, wavy lines in the same colors as the shapes are scattered across the white background, adding a sense of movement and depth.

GRATITUDE

JOURNAL

GRATITUDE JOURNAL

DATE: _____

S M T W T F S

TODAY'S AFFIRMATION

TODAY I AM PROUD OF

WHAT IS ONE THING I CAN
DO TODAY TO BUILD MY
RESILIENCE?

HOW DO I TYPICALLY RESPOND
TO STRESS?

HOW CAN I STRENGTHEN MY
RELATIONSHIPS WITH OTHERS
TODAY?

WHAT IS MY RESILIENCY
ACTION PLAN?

NOTES OF THE DAY
