## Gratitude Journal

WHAT ARE YOU GRATEFUL FOR TODAY?	DATE	
SOMETHING WONDERFUL I TOUCHED TODAY WA	AS	
THE BEST THING I SMELLED TODAY WAS		
A SOUND I HEARD TODAY THAT WILL STAY WITH	ME WAS	
THE MOST BEAUTIFUL THING I SAW TODAY WAS		

Carry this awareness into tomorrow. Notice one scent, sound, and sight that brings you peace.