



A daily gratitude journal
for giving THANKS.

THANKLY

5 people I am grateful for today...

1.

2.

3.

4.

5.

What is one thing you look forward to enjoying each day after work?

Daily Affirmation



THANKLY

THANKLY

5 things I am grateful for today...

1.

2.

3.

4.

5.

Write about a time where you felt courageous:

Daily Affirmation



THANKLY

THANKLY

List 5 things you have now that you didn't have 3 years ago:

1.

2.

3.

4.

5.

Write about your favourite family holiday:

Daily Affirmation



THANKLY