

A daily gratitude journal for giving THANKS.

GRATITUDE journal

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	

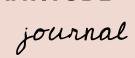
GRATITUDE

journal

THANKLY

5 things I am grateful for today
1.
2.
3.
4.
5.
Write about a time where you felt courageous:
Daily Affirmation

GRATITUDE



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	