

GRATEFUL HEART JOURNAL

DATE

TODAY, MY HEART
FEELS...

ONE THING THAT MADE ME SMILE
TODAY...

A KIND THING I DID FOR SOMEONE
ELSE...

HOW FULL IS MY
GRATITUDE CUP TODAY?

IF TODAY WAS A FEELING, IT
WOULD BE...

I'M PROUD OF MYSELF FOR...

DRAW SOMEONE OR SOMETHING YOU LOVE!