



Date:

Blank box for writing the date.

Happiness & Gratitude Journal

My goals: Write down 3 important goals in the morning & visualise yourself with these goals.

- 1. _____ per _____
- 2. _____ per _____
- 3. _____ per _____

What are you thankful for? List facts in the morning that you are grateful for in the NOW.

- 1. _____ 2. _____
- 3. _____ 4. _____
- 5. _____ 6. _____
- 7. _____ 8. _____
- 9. _____ 10. _____

What did I do well today? What was I successful at?

What have I done today to get closer to my goals?

Who have I made happy today with what?

What have I done for myself today? With what have I given myself appreciation, recognition and love today?

What am I proud of?

THANK YOU, THANK YOU, THANK YOU
I am great & unique. I am a gift to the world. I live this every day!

