

Gratitude Journal



My Intention for this week is to...

DAY 1 Today I'm grateful for...

DAY 2 Today I'm grateful for...

DAY 3 Today I'm grateful for...

DAY 4 Today I'm grateful for...

DAY 5 Today I'm grateful for...

DAY 6 Today I'm grateful for...

DAY 7 Today I'm grateful for...

DAY 8 Today I'm grateful for...

Gratitude Journal



My Intention for this week is to...

DAY 9 Today I'm grateful for...

DAY 10 Today I'm grateful for...

DAY 11 Today I'm grateful for...

DAY 12 Today I'm grateful for...

DAY 13 Today I'm grateful for...

DAY 14 Today I'm grateful for...

DAY 15 Today I'm grateful for...

DAY 16 Today I'm grateful for...

Gratitude Journal



My Intention for this week is to...

DAY 17 Today I'm grateful for...

DAY 18 Today I'm grateful for...

DAY 19 Today I'm grateful for...

DAY 20 Today I'm grateful for...

DAY 21 Today I'm grateful for...

DAY 22 Today I'm grateful for...

DAY 23 Today I'm grateful for...

DAY 24 Today I'm grateful for...

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My Intention for this week is to...

DAY 25 Today I'm grateful for...

DAY 26 Today I'm grateful for...

DAY 27 Today I'm grateful for...

DAY 28 Today I'm grateful for...

DAY 29 Today I'm grateful for...

DAY 30 Today I'm grateful for...

Congratulations!

"You have started a healthy new habit by putting attention on what you are grateful for every day. This is not an easy! Most of us are well-trained to see predominantly what is wrong with ourselves, each other, and the world. I encourage you, keep a gratitude journal going for another month. You may be surprised at how this practice helps you to attract MORE of what you WANT in your life, and to see beauty and wonder in yourself and all around you." ~ Ian O'Laughlin, Thrive Hot Yoga