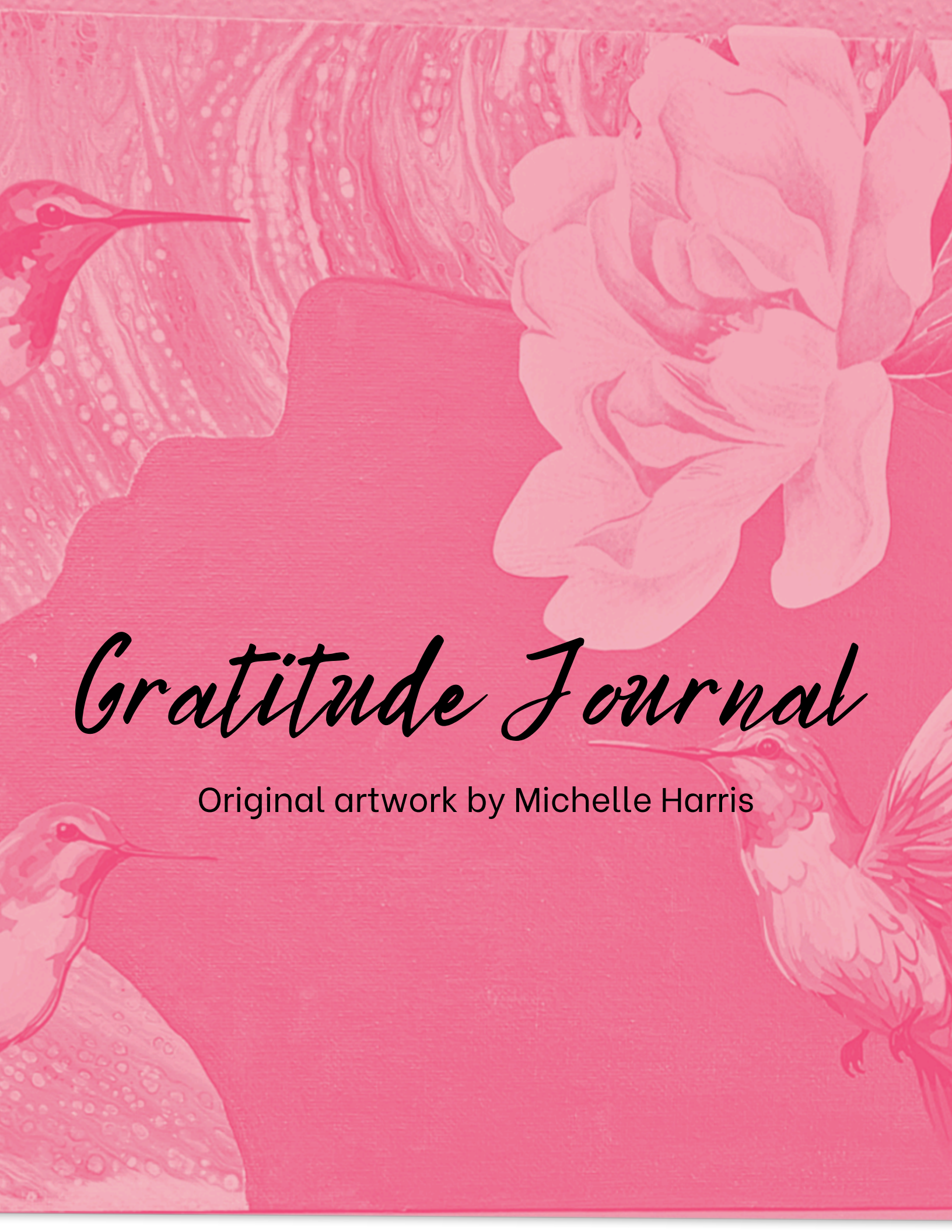
Gratitude Journal
Original artwork by Michelle Harris

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2024

Goals>>>2025

Professional Goals

- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____

Personal Goals

- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____

Health Goals

- [ ] _____
- [ ] _____
- [ ] _____
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- [ ] _____

Financial Goals

- [ ] _____
- [ ] _____
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- [ ] _____

Love Goals

- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____

Passion Goals

- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____

To Start | Ok | Delay | Stuck | Cancel

SELF-CARE *Journal*

DATE: / /

S M T W T F S

TODAY I'M GRATEFUL FOR:

1.

2.

3.

WATER INTAKE

1 2 3 4 5 6 7 8 (Glass)

MOOD

ANGRY TIRED SAD HAPPY EXCITED

TODAY'S AFFIRMATION

NOTES/REMINDER:

FOR TOMORROW

Vision Board

(Day): *(Year):*

(Remember)

CULTIVATING GRATITUDE IS A POWERFUL PRACTICE THAT CAN POSITIVELY IMPACT YOUR MINDSET AND OVERALL WELL-BEING. ENJOY THIS RITUAL, AND WATCH HOW IT CONTRIBUTES TO FULFILLED LIFE.

HEALTH

TRAVEL

CAREER

FINANCES

RELATIONSHIPS

SPIRITUALITY

Daily Journal

Daily Journal

Daily Journal

Daily Journal

Daily Journal

Daily Journal

Daily Journal

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