

# A Daily Gratitude Journal



# 2024 CALENDAR

## JANUARY

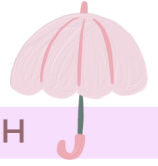


S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

## FEBRUARY

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29		

## MARCH



S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

## APRIL



S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

## MAY

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

## JUNE



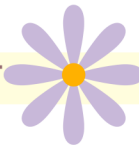
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2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

## JULY



S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

## AUGUST



S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

## SEPTEMBER

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

## OCTOBER

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

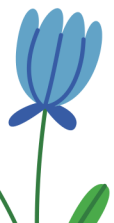
## NOVEMBER

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

## DECEMBER



S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				



# A Daily Gratitude Journal

# GRATITUDE JOURNAL

DATE: \_\_\_\_\_

S M T W T F S

## TODAY I'M GRATEFUL FOR

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## QUOTE OF THE DAY

## TODAY'S AFFIRMATION

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## NOTES / REMINDERS

## SOMETHING I'M PROUD OF

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## TOMORROW I LOOK FORWARD TO

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

# Weekly Planner

WEEK \_\_\_\_\_

MON \_\_\_\_\_

TUE \_\_\_\_\_

WED \_\_\_\_\_

THU \_\_\_\_\_

FRI \_\_\_\_\_

SAT \_\_\_\_\_

SUN \_\_\_\_\_

## PRIORITY OF THE WEEK

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## WATER INTAKE



## TO CALL / TO EMAIL

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## APPOINTMENTS

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

# GRATITUDE

MONTHLY  
PREVIEW

/ /

THIS MONTH'S INTENTION IS

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HOW DO YOU FEEL?
_____
_____
_____
_____
_____
_____
_____
_____

HOW DO YOU WANT TO FEEL?
_____
_____
_____
_____
_____
_____
_____
_____

WHERE DO YOU WANT TO FOCUS YOUR ENERGY?

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**Notes**

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DATE: \_\_\_\_\_

# PRODUCTIVITY PLANNER

S M T W T F S

## TODAY'S FOCUS

- 06:00 \_\_\_\_\_
- 07:00 \_\_\_\_\_
- 08:00 \_\_\_\_\_
- 09:00 \_\_\_\_\_
- 10:00 \_\_\_\_\_
- 11:00 \_\_\_\_\_
- 12:00 \_\_\_\_\_
- 13:00 \_\_\_\_\_
- 14:00 \_\_\_\_\_
- 15:00 \_\_\_\_\_
- 16:00 \_\_\_\_\_
- 17:00 \_\_\_\_\_
- 18:00 \_\_\_\_\_
- 19:00 \_\_\_\_\_
- 20:00 \_\_\_\_\_
- 21:00 \_\_\_\_\_
- 22:00 \_\_\_\_\_
- 23:00 \_\_\_\_\_

## MY TOP PRIORITIES

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## WRITE YOUR TOP THREE GOALS FOR THE DAY.

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## TODAY'S MOOD



## TODAY'S GOALS

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## NOTES

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# JOURNAL PROMPT









































































































































The Joy of Gratitude:  
A Guided Journal for  
Thankfulness

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HABIT TRACKER





# Daily Gratitude Journal

**TODAY I'M GRATEFUL FOR**

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**SOMETHING THAT INSPIRES ME**

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**TODAY'S AFFIRMATIONS**

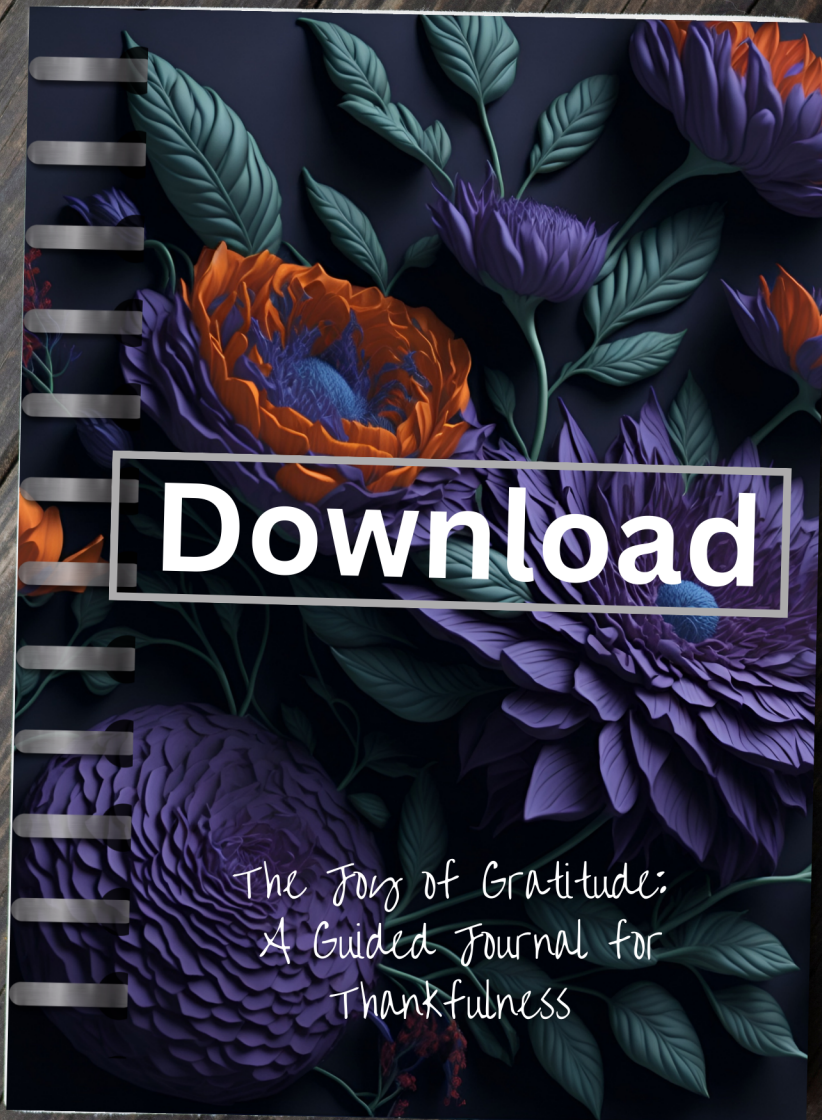
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**NOTES & REMINDERS**



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vibrantstudioart@gmail.com**



The Joy of Gratitude:  
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