

Joy '23

WEEKLY GRATITUDE

reach your goals by seeing the good in your life

There are so many benefits to living gratefully. Focusing on what we're grateful for increases our happiness and optimism. It strengthens the immune system. It even LEADS to success.

If you want to reach your goals, focus every day on gratitude. This sheet will help you focus on all of the things that you have to be grateful for each week.

MONDAY:

- _____
- _____
- _____
- _____
- _____

THURSDAY:

- _____
- _____
- _____
- _____
- _____

TUESDAY:

- _____
- _____
- _____
- _____
- _____

FRIDAY:

- _____
- _____
- _____
- _____
- _____

WEDNESDAY:

- _____
- _____
- _____
- _____
- _____

SATURDAY / SUNDAY:

- _____
- _____
- _____
- _____
- _____

DAILY GRATITUDE

_____ / _____ / 2023

reach your goals through these daily and nightly reflections

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If you want to reach your goals, focus every day on gratitude. This sheet will help you focus on all of the things that you have to be grateful for each day.

MORNING

3

THINGS I'M GRATEFUL FOR RIGHT NOW

- _____
- _____
- _____

2

THINGS I'M LOOKING FORWARD TO TODAY

- _____
- _____

1

THING THAT WOULD MAKE ME SMILE TODAY

- _____

EVENING

3

THINGS THAT WENT WELL TODAY

- _____
- _____
- _____

2

THINGS THAT MADE ME LAUGH OR SMILE

- _____
- _____

1

THING I LEARNED FROM TODAY'S CHALLENGES

- _____