GRATITUDE JOURNAL

TO BE ANSWERED IN THE MORNING:

I AM GRATEFUL FOR

WHAT WOULD MAKE TODAY GREAT?

DAILY AFFIRMATIONS. I AM . . .



LISA G. - HIGH-PERFORMANCE COACH

GRATITUDE JOURNAL

TO BE FILLED IN AT NIGHT:

3 AMAZING THINGS THAT HAPPENED TODAY...

HOW COULD I HAVE MADE TODAY BETTER?



LISA G. - HIGH-PERFORMANCE COACH