## **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

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TO BE FILLED IN AT NIGHT:

**3 AMAZING THINGS THAT HAPPENED TODAY...** 

HOW COULD I HAVE MADE TODAY BETTER?



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