

# My Gratitude Journal

Use this page to get started, then continue by creating your own journal.  
Write down 3 things that went well for you today. These can be things you are grateful for or events that brightened your day.

Date	<b>Three Good Things Exercise – I am grateful for...</b>
	1.
	2.
	3.
	1.
	2.
	3.
	1.
	2.
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