

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	Three Good Things Exercise – I am grateful for...
	1.
	2.
	3.
	1.
	2.
	3.
	1.
	2.
	3.
	1.
	2.
	3.
	1.
	2.
	3.
	1.
	2.
	3.
	1.
	2.
	3.

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	Three Good Things Exercise – I am grateful for...
	1.
	2.
	3.
	1.
	2.
	3.
	1.
	2.
	3.
	1.
	2.
	3.
	1.
	2.
	3.
	1.
	2.
	3.
	1.
	2.
	3.