

Gratitude Journal

List what you're thankful for!

Date:

Date:

Date:

Date:

Date:

Date:



YOU MUST FILL YOUR BUCKET BEFORE YOU CAN FILL OTHERS

Mind:

Write yourself a love letter. Remind yourself how worthy you are.

Count your blessings, write 10 things you are grateful for.

Re-read your favorite book.

Create a vision board for your dreams.

Body:

Pamper yourself. Take time for yourself doing anything you enjoy.

Take a 30 minute walk in nature.

Try relaxing, yoga, or an empowering workout.

Nourish your body with a nutritious meal.

Soul:

Create loving, positive affirmations for yourself.

Slow down and be present and mindful.

Make a list of 10 things you love about yourself.

Unplug for a whole day from any technology.

