JOURNAL

21-Day Gratitude Journal

Shift your energy towards joy and abundance

Each evening, write three things you are grateful for. Small things count. Notice how your energy — and what you attract — begins to shift.

Day 1 — Today I am grateful for…

Day 2 — Today I am grateful for…

Day 3 — Today I am grateful for…

Day 4 — Today I am grateful for…

Day 5 — Today I am grateful for…

Day 6 — Today I am grateful for…

Day 7 — Today I am grateful for…

Day 8 — Today I am grateful for…

Day 9 — Today I am grateful for…

CONTINUE

Day 10 — Today I am grateful for…

Day 11 — Today I am grateful for…

Day 12 — Today I am grateful for…

Day 13 — Today I am grateful for…

Day 14 — Today I am grateful for…

Day 15 — Today I am grateful for…

Day 16 — Today I am grateful for…

Day 17 — Today I am grateful for…

Day 18 — Today I am grateful for…

Day 19 — Today I am grateful for…

Day 20 — Today I am grateful for…

Day 21 — Today I am grateful for…