C:\Users\grimes-b\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\42KKT0EE\MC900336123[1].wmf**30 Day Gratitude Journal**

List 3 things each day you are thankful for.

You cannot repeat any item in the 30 days.

Tune into the things large and small that make you grateful.

**{Month}**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |