

The background is a soft, pink watercolor wash. It is decorated with various botanical line art elements: a cluster of leaves in the top right, a branch with leaves on the left, a palm-like frond on the right, and a cluster of leaves at the bottom. Small black dots and dashes are scattered throughout the design.

Gratitude Journal

www.drleoniewhite.com

Appreciation can
make a day,
even change a life.
Your willingness
to put it all
into words
is all that is
necessary.

Margaret Cousins

Daily Gratitude

Today I'm grateful for...

Date:

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Weekly check in

Date:

Top 3 things I did this week:

☐

☐

☐

Most rewarding interaction I
had this week:

**"Enjoy the little things in life for one
day you'll look back and realise
they were the big things."**

Kurt Vonnegut

Next week I am looking forward to:

Things I enjoyed this week:

The best thing about this week:

Weekly check in

Date:

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Morning Gratitude

Date: _____

Today I want to feel...

Today I will spread kindness by...

3 things I'm grateful for today are...

"Happiness is a habit."



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Evening Gratitude

3 things I'm grateful for today are...

The best part of today was...

What can I learn from today's experiences?

Tomorrow I'm looking forward to...

"Do more of what you love."



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This image shows a full page of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page, typical of notebook paper. There are no margins, text, or other markings on the page.

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www.drleonierwhite.com

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Acknowledging the good
you already have in your
life is the foundation for
all abundance.

Erkhart Toll

