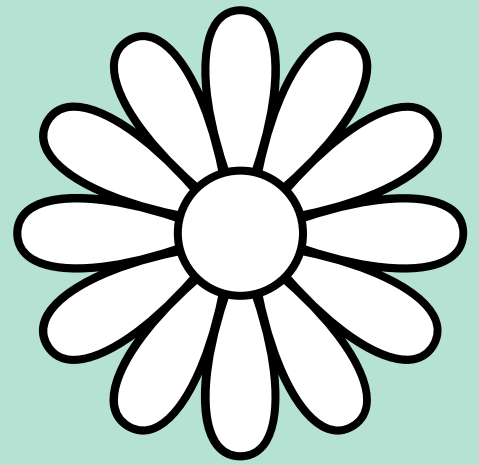
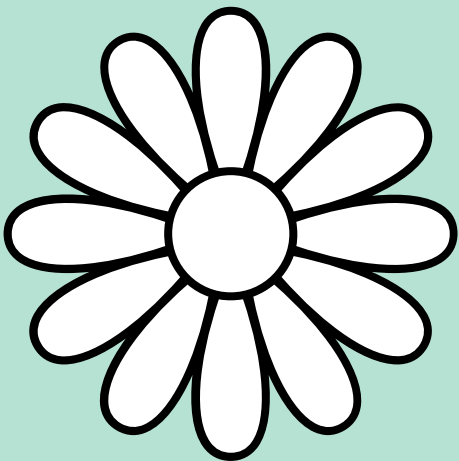


*Gratitude*



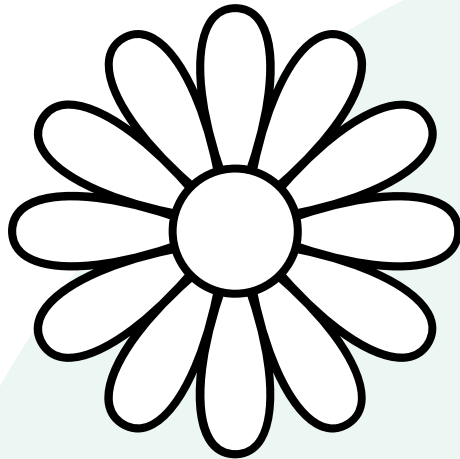
# JOY

**JOURNAL**



# WELCOME

Reflecting on what you are grateful for shifts your focus from what is lacking to what you already have. Gratitude is a key component of joy, as it helps you see the positive aspects of your life.



THERE IS NO  
**JOY**  
WITHOUT

**GRATITUDE**

~ BRENE BROWN



# DAILY GRATITUDE

DATE: \_\_\_\_\_

## MORNING AFFIRMATION

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## THREE THINGS YOU ARE GRATEFUL FOR TODAY



## REFLECTING ON TODAY'S MOOD



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## TODAY'S BIG WINS

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## LOOKING AHEAD

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