



THE REAL HEALTH THING  
NATURALLY

# GRATITUDE JOURNAL

DATE

S M T W T F S

TAKE A MOMENT EACH DAY TO REFLECT  
ON THE THINGS YOU'RE THANKFUL FOR

TODAY I'M GRATEFUL FOR

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3

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THINGS THAT MADE ME SMILE TODAY



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SOMETHING THAT  
INSPIRED ME TODAY

PEOPLE I'M GRATEFUL  
TO HAVE IN MY LIFE

NOTES & FREE THOUGHTS