



Petal & Paper

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Gratitude journal



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THIS MONTH'S GRATITUDE

gratitude journal

Week 1

Mon: 1.____ 2.____ 3.____

Tue: 1.____ 2.____ 3.____

Wed: 1.____ 2.____ 3.____

Thu: 1.____ 2.____ 3.____

Fri: 1.____ 2.____ 3.____

Sat: 1.____ 2.____ 3.____

Sun: 1.____ 2.____ 3.____

Week 2

Mon: 1.____ 2.____ 3.____

Tue: 1.____ 2.____ 3.____

Wed: 1.____ 2.____ 3.____

Thu: 1.____ 2.____ 3.____

Fri: 1.____ 2.____ 3.____

Sat: 1.____ 2.____ 3.____

Sun: 1.____ 2.____ 3.____

Week 3 & 4

Mon: 1.____ 2.____ 3.____

Tue: 1.____ 2.____ 3.____

Wed: 1.____ 2.____ 3.____

Thu: 1.____ 2.____ 3.____

Fri: 1.____ 2.____ 3.____

Sat: 1.____ 2.____ 3.____

Sun: 1.____ 2.____ 3.____

Monthly reflection

Theme this month: _____

Most repeated gratitude:

One good thing: _____