

Gratitude Journal

An Attitude of Gratitude: I commit to filling this journal daily with three things I am thankful for. This is my way of shaping my perspective, choosing contentment and living *An Ideal Day*, one day at a time.

Start Date:

Routine Cue:

I will do this before or after...



Track your self-care habits

- ☐ Quieted my mind with three deep breaths
- ☐ Wrote three things I'm grateful for
- ☐ Reflected on the daily words to carry with me by writing a note to myself

Gratitude Log

Day:	3 Things I'm Grateful For:	Words to Carry With Me:	Today's Note to Self:
SUN	• • •		
MON	• • •		
TUE	• • •		

WED	• • •		
THU	• • •		
FRI	• • •		
SAT	• • •		



My positivity place.
Moments worth remembering.

‘The road ahead has wonderful things in
store for me.’
♡ Things I’m looking forward to...



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