

A GRATITUDE JOURNAL

First column:

ACHIEVED // GOOD THINGS // List five

Second column:

G // O // DID // DO // A

GRATITUDE: *Who or what happened today that made you feel grateful?*

OPPORTUNITY: *What opportunities are you looking forward to in your life?
(Can be work-related or personal.)*

DID: *What did you do today that was important, or gave you a sense of accomplishment?*

DO: *What will you do tomorrow that is important?*

APPRECIATION: *Who in your life did you appreciate today? It could be a family member, friend, business contact, mentor, role model, or even your pet.*



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