



2023

Goals
&
Gratitude



MY

DAILY GRATITUDE

/ /

TODAY I'M FEELING

POSITIVE AFFIRMATIONS

TODAY I'M GRATEFUL FOR

1 _____

2 _____

3 _____

SOMETHING I'M PROUD OF

MORE OF THIS:

LESS OF THIS:

MY FAVORITE MOMENT THE DAY

TOMORROW I LOOK FORWARD TO



GRATITUDE

MONTHLY PREVIEW

/ /

THIS MONTH'S INTENTION IS

HOW DO YOU FEEL?

HOW DO YOU WANT TO FEEL?

WHERE DO YOU WANT TO FOCUS YOUR ENERGY?

Notes



GRATITUDE

MONTHLY REVIEW

/ /

HIGHLIGHTS OF THE MONTH

- 1 _____
- 2 _____
- 3 _____

WHAT IS SOMETHING NEW YOU'VE LEARNED?

WHAT WERE SOME OF THE CHALLENGES YOU FACED?

WHAT IS THE BEST THING YOU HAVE DONE FOR YOURSELF THIS PAST MONTH?

HAS PRACTICING GRATITUDE HELPED YOU THIS MONTH?

YES

MAYBE

NO