



WEEKLY GRATITUDE JOURNAL PLANNER

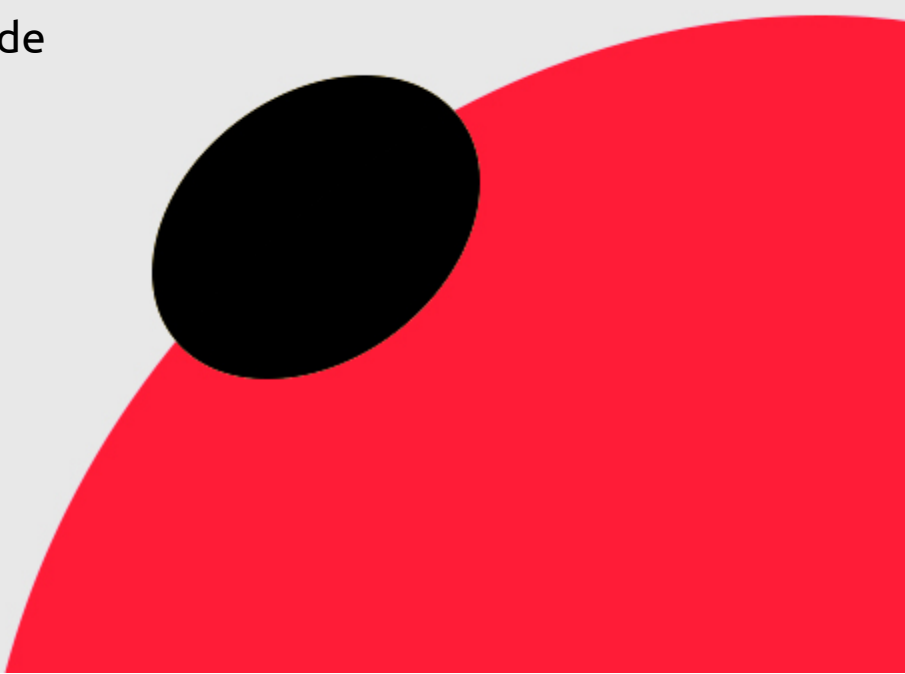
NAME: Michele Lopaschuk

Month and Week: _____



Sections

- 1** My Day - Things & Moments
- 2** Always Grateful - Happy & Inspired
- 3** Release & Replace
- 4** Always Grateful
- 5** Show Gratitude
- 6** Quote of the day
- 7** Night Journal
- 8** Weekly Summary
- 9** 30 Days of Gratitude





How to Use the Gratitude Journal

Print out the journal every week.

Be sure to write the Month and Week on the cover so that you can keep track.

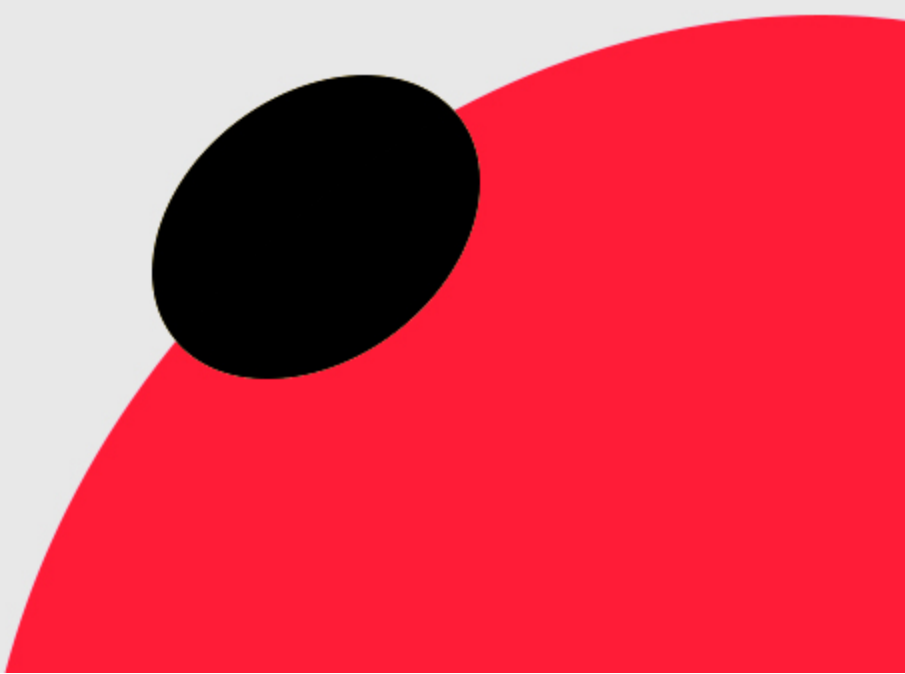
Fill in the pages for each day of the week as the week progresses, there are different sections like "My Day", "Night Journal" etc.

When you find a quote that you really like head over to "Quote of the Day" section and jot it down.

Use the "30 Days of Gratitude" to check off each day you complete for the month.

You will be amazed at how life changes and how much positive energy you will start infusing when you actively start showing gratitude. Even little things matter, something as simple as someone smiling at you.

Happy Journaling!



My Day Monday – Things & Moments

Today is:		I Woke Up At:
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THINGS I AM GREATEFUL FOR	THINGS THAT MADE ME HAPPY
<ul style="list-style-type: none"><input type="radio"/><input type="radio"/><input type="radio"/><input type="radio"/><input type="radio"/><input type="radio"/><input type="radio"/><input type="radio"/><input type="radio"/><input type="radio"/><input type="radio"/>	

MOMENTS THAT ARE WORTH THE SHARE	TOMORROW I WILL FOCUS MORE ON

Show Gratitude to People and Places – Monday

DEAR ONES

PERSONAL ASPECTS


MEMORIES

PLACES

MATERIAL THINGS

Quote of the Day – Monday

Today I found this Quote:



A spiral-bound notebook with a yellow cover and blue rings, featuring lined pages for writing. The notebook is positioned vertically and occupies most of the lower half of the page. The pages are white with horizontal grey lines. The spiral binding is on the left side, with blue rings and yellow accents. The notebook is set against a light grey background.

Night Journal Monday

[Empty box for date or page number]

HAPPY MOMENTS OF THE DAY

[Lined area for writing happy moments of the day]

WHAT MADE ME SMILE TODAY

[Empty box for writing what made me smile today]

MY THOUGHTS

[Empty box for writing my thoughts]

LESSONS LEARNT TODAY

[Empty box for writing lessons learnt today]

TOMORROW IS A GREAT DAY BECAUSE

[Empty box for writing why tomorrow is a great day because]

My Day Tuesday – Things & Moments

Today is:		I Woke Up At:
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THINGS I AM GREATEFUL FOR	THINGS THAT MADE ME HAPPY
<ul style="list-style-type: none"><input type="checkbox"/><input type="checkbox"/><input type="checkbox"/><input type="checkbox"/><input type="checkbox"/><input type="checkbox"/><input type="checkbox"/><input type="checkbox"/><input type="checkbox"/><input type="checkbox"/><input type="checkbox"/>	

MOMENTS THAT ARE WORTH THE SHARE	TOMORROW I WILL FOCUS MORE ON