30 DAY

morning gratitude

JOURNAL

Julia Scott



TODAY I'M GRATEFUL FOR	TODAY I A
TODAY'S AFFIRMATION	
	MY THREE DAY ARE
	1.
A PERSON I ENJOY SPENDING TIME WITH IS	2.
	3.

DATE...



TODAY I AM LOOKING FORWARD TO...

MY THREE PRIORITIES FOR THE



TODAY I'M GRATEFUL FOR...

TODAY'S AFFIRMATION
TODAY I WILL REACH OUT TO
TODATT WILL REACTION TO

DATE...



I AM PROUD OF MYSELF FOR....

MY THREE PRIORITIES FOR THE DAY ARE...

1.

2.



TODAY I'M GRATEFUL FOR...

TODAY'S AFFIRMATION	
	MY THRE DAY ARE
	1.
TODAY I WILL SEND A MESSAGE OF GRATITUDE TO	2.
	2
)•

DATE...







YESTERDAY, I WAS GRATEFUL FOR...

E PRIORITIES FOR THE



TODAY I'M GRATEFUL FOR	GR
TODAY'S AFFIRMATION	
	MY OAY
	1
TODAY I WILL CALL	2
	9

DATE...





THE PERSON I AM MOST ATEFUL FOR IS...

MY THREE	PRIORITIES	FOR T	ΗE
DAY ARE			



TODAY I'M GRATEFUL FOR
TODAY'S AFFIRMATION
A PERSON I ENJOY SPENDING TIME WITH IS

DATE...







THE ACTIVITIES I MOST ENJOY DOING IN LIFE ARE...

MY THREE	PRIORITIES	FOR	THE
DAY ARE			

1.

2.



TODAY I'M GRATEFUL FOR...

TODAY'S AFFIRMATION	
	MY THREE PRIORITIES FO
	1.
TODAY I WILL REACH OUT TO	2.
	3.







WHAT I MOST ADMIRE ABOUT MYSELF IS...

AY THREE PRIORITIES FOR THE	
AY THREE PRIORITIES FOR THE	
MY THREE PRIORITIES FOR THE	
	MY THREE PRIORITIES FOR THE

TODAY I'M GRATEFUL FOR...

TODAY'S AFFIRMATION	
TODAY I WILL SEND A MESSAGE	
OF GRATITUDE TO	

DATE...





THE BEST PART OF BEING ALIVE TODAY IS...

MY THREE PRIORITIES FOR THE DAY ARE...

1.

2.



TODAY IM GRATEFUL FOR	
TODAY'S AFFIRMATION	ıl
	MY TH DAY A
	1.
	2.
TODAY I WILL CALL	
	3.

DATE...





TODAY I AM LOOKING FORWARD TO...

MY THREE PRIORITIES FO DAY ARE	R THE



TODAY I'M GRATEFUL FOR...

TODAY'S AFFIRMATION	
	MY THREE PRIORITIES I DAY ARE
	1.
	, ·
	2.
A PERSON I ENJOY SPENDING TIME WITH	~•
	3.





I AM PROUD OF MYSELF FOR....

FOR THE



TODAY I'M GRATEFUL FOR...

TODAY'S AFFIRMATION
TODAY I WILL REACH OUT TO

DATE...



YESTERDAY I WAS GRATEFUL FOR...

MY THREE PRIORITIES FOR THE DAY ARE...

1.

2.



TODAY I'M GRATEFUL FOR...

TODAY'S AFFIRMATION	
	MY THREE PRIORITIES FOR THE DAY ARE
	1.
TODAY I WILL SEND A MESSAGE OF GRATITUDE TO	2.
	3.

DATE...

THE PERSON I AM MOST

GRATEFUL FOR IS...

TODAY I'M GRATEFUL FOR	
TODAY'S AFFIRMATION	
	M D
TODAY I WILL CALL	
TODAY TWILL CALL	
	-

DATE...







THE ACTIVITIES I MOST ENJOY DOING IN LIFE ARE...

MY THREE	PRIORITIES I	OR THE
DAY ARE		

1.

2.



TODAY I'M GRATEFUL FOR...

TODAY'S AFFIRMATION
A PERSON I ENJOY SPENDING
TIME WITH IS

DATE...





WHAT I MOST ADMIRE ABOUT MYSELF IS...

MY THREE PRIORITIES FOR THE DAY ARE...

1.

2.



TODAY I'M GRATEFUL FOR...

TODAY'S AFFIRMATION	
	MY DA
	1
TODAY I WILL REACH OUT TO	2
	_

DATE...





THE BEST PART OF BEING ALIVE TODAY IS...

MY THREE PRIORITIES FOR T	ΉE
DAY ARE	

1.

2.



TODAY I'M GRATEFUL FOR...

TODAY'S AFFIRMATION	
	MY DAY
	1
TODAY I WILL SEND A MESSAGE OF GRATITUDE TO	2

DATE...



TODAY I AM LOOKING FORWARD TO...

THREE PRIORITIES FOR THE Y ARE...



TODAY I'M GRATEFUL FOR
TODAY'S AFFIRMATION
TODAY I WILL CALL

DATE...





I AM PROUD OF MYSELF FOR...

MY THREE PRIORITIES FOR THE DAY ARE...

1.

2



TODAY I'M GRATEFUL FOR
TODAY'S AFFIRMATION
A PERSON I ENJOY SPENDING TIME WITH IS
THAL VALLETION.

DATE...





YESTERDAY, I WAS GRATEFUL FOR...

MY THREE PRIORITIES FOR THE DAY ARE...

1.

2.



TODAY I'M GRATEFUL FOR...

TODAY'S AFFIRMATION	
	MY THREE PRIC
	DAY ARE
	1.
TODAY I WILL REACH OUT TO	2.
	3.

DATE...







THE PERSON I AM MOST **GRATEFUL FOR IS...**

DRITIES FOR THE



TODAY I'M GRATEFUL FOR...

TODAY'S AFFIRMATION
TODAY I WILL SEND A MESSAGE OF GRATITUDE TO
OF GRAIITODE TO

DATE...







THE ACTIVITIES I MOST ENJOY DOING IN LIFE ARE...

MY THREE	PRIORITIES	FOR	THE
DAY ARE			

1.

2.



TODAY I'M GRATEFUL FOR...

TODAY'S AFFIRMATION
TODAY I WILL CALL

DATE...





WHAT I MOST ADMIRE ABOUT MYSELF IS...

MY THREE PRIORITIES FOR T	ГНЕ
DAY ARE	

1.

2.



TODAY I'M GRATEFUL FOR	THE E
TODAVIS AFFIDMATION	
TODAY'S AFFIRMATION	
	MY TH DAY A
	1.
	2.
A PERSON I ENJOY SPEINDING TIME WITH IS	۷.
	3.

DATE...



THE BEST PART OF BEING ALIVE TODAY IS...

MY THREE PRIORITIES FOR THE DAY ARE...



TODAY I'M GRATEFUL FOR	TO
TODAY'S AFFIRMATION	
	MY THREE PRIORITIES FOR THE DAY ARE
	1.
TODAY I WILL REACH OUT TO	2.
	2

DATE...

TODAY I AM LOOKING FORWARD



TODAY I'M GRATEFUL FOR...

TODAY'S AFFIRMATION
TODAY I WILL SEND A MESSAGE
OF GRATITUDE TO

DATE...





I AM PROUD OF MYSELF FOR...

MY THREE PRIORITIES FOR THE DAY ARE...

1.

2.



TODAY I'M GRATEFUL FOR		
TODAY'S AFFIRMATION		
	М D	
	Т	
		1
		9
TODAY I WILL CALL		
		C
	-	ر

DATE...





YESTERDAY, I WAS GRATEFUL FOR...

MY THREE	PRIORITIES	FOR	THE
DAY ARE			



TODAY I'M GRATEFUL FOR
TODAY'S AFFIRMATION
A PERSON I ENJOY SPENDING TIME WITH IS

DATE...





THE PERSON I AM MOST GRATEFUL FOR IS...

MY THREE PRIORITIES FOR	ГΗЕ
DAY ARE	

1.

2.



TODAY I'M GRATEFUL FOR...

TODAY'S AFFIRMATION	
TODAY I WILL REACH OUT TO	
	4

DATE...





THE ACTIVITIES I MOST ENJOY DOING IN LIFE ARE...

MY THREE	PRIORITIES I	OR THE
DAY ARE		

1.

2.



TODAY I'M GRATEFUL FOR...

TODAY'S AFFIRMATION
TODAY I WILL SEND A MESSAGE OF GRATITUDE TO

DATE...





WHAT I MOST ADMIRE ABOUT MYSELF IS...

MY THREE PRIORITIES FOR THE DAY ARE...

1.

2.



TODAY TWIGRATEFUL FOR
TODAY'S AFFIRMATION
TODAY I WILL CALL

DATE...





THE BEST PART OF BEING ALIVE TODAY IS...

MY THREE PRIORITIES FOR THE

DAY ARE...

1.

2.

3



TODAY I'M GRATEFUL FOR
TODAY'S AFFIRMATION
A PERSON I ENJOY SPENDING
TIME WITH IS

DATE...



TODAY I AM LOOKING FORWARD TO...

MY THREE	PRIORITIES	FOR	THE
DAY ARE			

1.

2.



TODAY I'M GRATEFUL FOR...

TODAY'S AFFIRMATION
TODAY I WILL REACH OUT TO

DATE...





I AM PROUD OF MYSELF FOR...

MY THREE PRIORITIES FOR THE DAY ARE...

1.

2.



