

30 DAY

morning gratitude

JOURNAL

Julia Scott



PTSD Self-help

Morning Gratitude

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.

3.



Morning Gratitude

DATE...



TODAY I'M GRATEFUL FOR...

TODAY'S AFFIRMATION

TODAY I WILL REACH OUT TO...

I AM PROUD OF MYSELF FOR....

MY THREE PRIORITIES FOR THE
DAY ARE...

1.

2.

3.



Morning Gratitude

TODAY I'M GRATEFUL FOR...

TODAY'S AFFIRMATION

TODAY I WILL SEND A MESSAGE
OF GRATITUDE TO...

DATE...



YESTERDAY, I WAS GRATEFUL
FOR...

MY THREE PRIORITIES FOR THE
DAY ARE...

1.

2.

3.



Morning Gratitude

DATE...



TODAY I'M GRATEFUL FOR...

TODAY'S AFFIRMATION

TODAY I WILL CALL ...

THE PERSON I AM MOST
GRATEFUL FOR IS...

MY THREE PRIORITIES FOR THE
DAY ARE...

1.

2.

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Morning Gratitude

DATE...



TODAY I'M GRATEFUL FOR...

TODAY'S AFFIRMATION

A PERSON I ENJOY SPENDING
TIME WITH IS....

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

MY THREE PRIORITIES FOR THE
DAY ARE...

1.

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Morning Gratitude

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TODAY I'M GRATEFUL FOR...

TODAY'S AFFIRMATION

TODAY I WILL REACH OUT TO...

WHAT I MOST ADMIRE ABOUT
MYSELF IS...

MY THREE PRIORITIES FOR THE
DAY ARE...

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Morning Gratitude

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TODAY I WILL SEND A MESSAGE
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THE BEST PART OF BEING ALIVE
TODAY IS...

MY THREE PRIORITIES FOR THE
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