

## **DAILY GRATITUDE WORKSHEET**

MONDAY date	TUESDAY date	WEDNESDAY date	THURSDAY
MY INTENTION FOR TODAY:			
TODAY I FEEL:	TODAY I FEEL:	TODAY I FEEL:	TODAY I FEEL:
TODAY I AM GRATEFUL FOR:			
TODAY I SAVORED:	TODAY I SAVORED:	TODAY I SAVORED:	TODAY I SAVORED:
TODAY I LEARNED:	TODAY I LEARNED:	TODAY I LEARNED:	TODAY I LEARNED:



## **DAILY GRATITUDE WORKSHEET**

FRIDAY	SATURDAY date	SUNDAY date	WEEKLY INTEGRATION
date MY INTENTION FOR TODAY:	MY INTENTION FOR TODAY:	MY INTENTION FOR TODAY:	THIS WEEK MY BODY FELT:
TODAY I FEEL:	TODAY I FEEL:	TODAY I FEEL:	THIS WEEK MY MIND FELT:
TODAY I AM GRATEFUL FOR:	TODAY I AM GRATEFUL FOR:	TODAY I AM GRATEFUL FOR:	THIS WEEK MY HEART FELT:
TODAY I SAVORED:	TODAY I SAVORED:	TODAY I SAVORED:	THIS WEEK I LEARNED:
TODAY I LEARNED:	TODAY I LEARNED:	TODAY I LEARNED:	MY INTENTION FOR NEXT WEEK IS: