

# GRATITUDE DIARY

from **HELENS JOURNEY** blog  
[www.helensjourney.com](http://www.helensjourney.com)

Each day write down the things you are thankful for. There is nothing too small that you can't be grateful for it...

|     |  |
|-----|--|
| Sun |  |
| Mon |  |
| Tue |  |
| Wed |  |
| Thu |  |
| Fri |  |
| Sat |  |