

Satori's Daily Gratitude Journal

TODAY'S POSITIVE AFFIRMATION

TODAY I'M GRATEFUL FOR

SOMETHING I'M PROUD OF

TODAY I FELT INSPIRED
AND MOTIVATED
WHEN:

SOMETHING I'M LOOKING
FORWARD TO ~ OR ~
INTENTIONS FOR TOMORROW:

HAPPINESS SCALE

 1	 2	 3	 4	 5
I'LL TRY AGAIN TOMORROW		MEH	AMAZING	

Notes to Self