

GRATITUDE & WELLNESS JOURNAL

Month: _____ Year: _____ Focus: Mental Clarity

DAY

DAILY GRATITUDE (THREE THINGS)

MOMENTS OF JOY / MINDFULNESS

01

02

03

04

05

06

07

WEEKLY REFLECTION

What was the highlight of this week? How did practicing gratitude change your perspective?

Minimalist Wellness Tool – Practice Daily for Inner Peace