when you're feeling prickly...

GRATITUDE JOURNAL

WHAT MADE YOU LAUGH TODAY?

2 THINGS YOU SEE RIGHT NOW THAT YOU’RE GRATEFUL FOR

1. 
2. 

4 POSITIVE THINGS ABOUT YOUR HEALTH AND BODY

1. 
2. 
3. 
4. 

3 THINGS YOU’RE LOOKING FORWARD TO

1. 
2. 
3. 

ONE THING THAT YOU LOVE ABOUT YOURSELF