

DATE:

DAILY GRATITUDE JOURNAL

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1. On a scale of 1 to 10, how good are you feeling at this moment?

Mood scale 1 2 3 4 5 6 7 8 9 10

2. List 3 things 'good' or 'bad', which made you the person you are today!

3. List 3 things that you are grateful for at this very moment!

4. 3 things that you are grateful for, which have yet to happen in your life!

5. List 3 things you love and appreciate about yourself!

6. On a scale of 1 to 10, how good are you feeling at this moment?

Mood scale 1 2 3 4 5 6 7 8 9 10

Self Love School