

21-DAY GRATITUDE JOURNAL

WRITE 3 THINGS YOU ARE GRATEFUL FOR, EVERY DAY FOR 21 DAYS

Research states that writing down three things you're grateful for every day for 21 days in a row significantly increases your level of optimism, and it holds for the next six months. - Shawn Achor, Harvard Researcher

DAY 1

DAY 2

DAY 3

Breathe.

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WRITE 3 THINGS YOU ARE GRATEFUL FOR EVERY DAY FOR 21 DAYS

DAY 4

DAY 5

DAY 6

DAY 7

Breathe.

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WRITE 3 THINGS YOU ARE GRATEFUL FOR EVERY DAY FOR 21 DAYS

DAY 8

DAY 9

DAY 10

DAY 11

Breathe.

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WRITE 3 THINGS YOU ARE GRATEFUL FOR EVERY DAY FOR 21 DAYS

DAY 12

DAY 13

DAY 14

DAY 15

Breathe.

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WRITE 3 THINGS YOU ARE GRATEFUL FOR EVERY DAY FOR 21 DAYS

DAY 16

DAY 17

DAY 18

DAY 19

Breathe.

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WRITE 3 THINGS YOU ARE GRATEFUL FOR EVERY DAY FOR 21 DAYS

DAY 20

DAY 21

Breathe.