

SELF ESTEEM AND GRATITUDE JOURNAL

Ordinary **Magic**

MONDAY

Today I accomplished...

Today I am thankful for:

TUESDAY

I helped someone today by:

One of my favourite memories is:

WEDNESDAY

Today I was really good at:

Someone showed me love when:

THURSDAY

I showed myself compassion when:

Today I had fun when:

FRIDAY

Today I am grateful for:

Today I felt happiest when: