



# *Gratitude*

JOURNAL

GRATITUDE IS THE GATEWAY TO A HEART FILLED WITH JOY  
AND A LIFE FILLED WITH ABUNDANCE



**KAMALAYA**  
KOH SAMUI



# MONDAY

DATE   /   /

FIVE LITTLE THINGS THAT MADE ME  
SMILE TODAY:

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MY FAVOURITE PEOPLE

	
	
	

THE GREATEST LESSON OF MY LIFE

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# TUESDAY

DATE / /

## FIVE THINGS I LIKE ABOUT MYSELF

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## THINGS THAT I LOVE DOING

## THE ONE THING I AM MOST GRATEFUL FOR

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# THURSDAY

DATE / /

## FIVE GREAT THINGS THAT HAPPENED TODAY

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## THREE PEOPLE THAT TAUGHT ME VALUABLE LESSONS



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# FRIDAY

DATE / /

## THE BEST THINGS THAT I OWN

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## MY FAVOURITE SONGS



## MY GREATEST ACHIEVEMENT

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**SATURDAY**

DATE / /

MY TOP THREE QUALITIES



THE BEST TRIP I HAVE EVER HAD

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# SUNDAY

DATE / /

THE FIVE THINGS THAT ALWAYS MAKE ME HAPPY

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MY FAVOURITE MOVIES / BOOKS / SHOWS



WHAT I AM GRATEFUL FOR TODAY

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