



Name: \_\_\_\_\_

# My Gratitude JOURNAL

Natalia Boucher Psychotherapy

# I am thankful for...

Day 1



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Day 2



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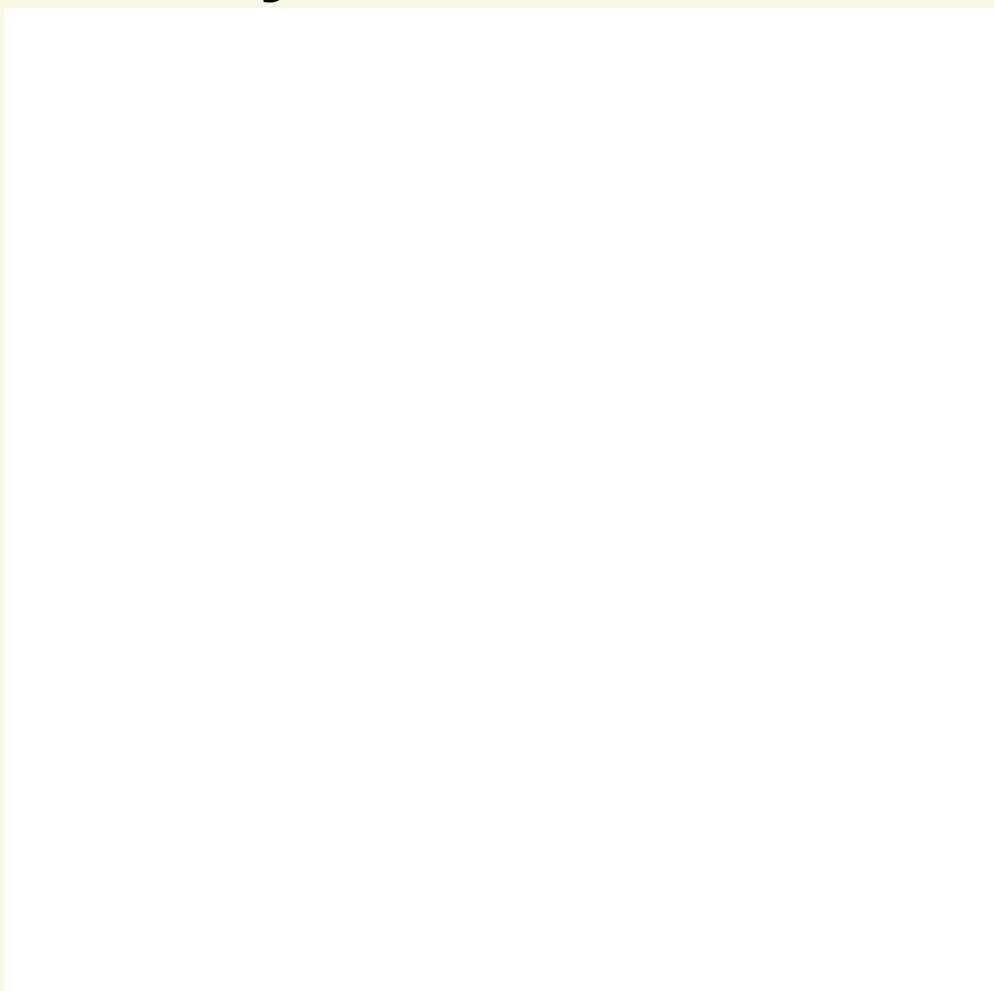
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Day 3



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# I am thankful for...

Day 4



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Day 5



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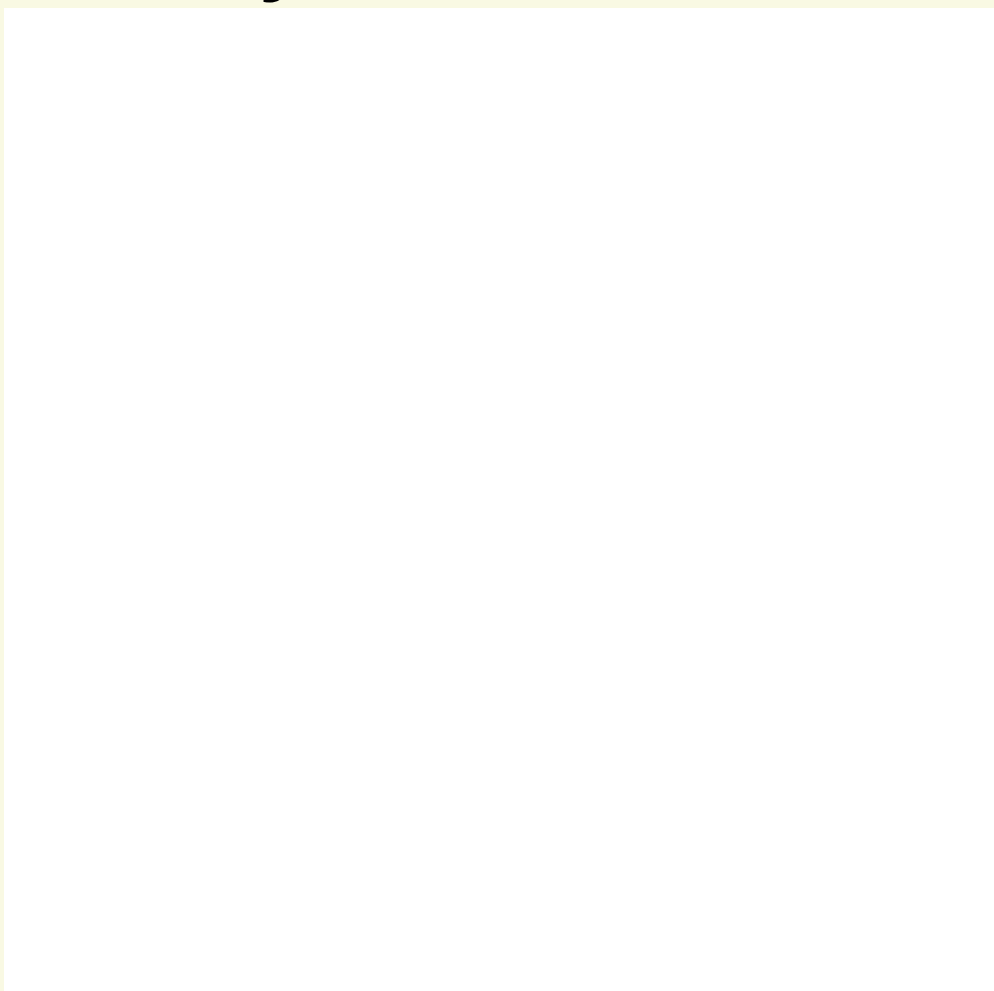
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Day 6



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# I am thankful for...

Day 7



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Day 8



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Day 9



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# I am thankful for...

Day 10



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Day 11



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Day 12



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# I am thankful for...

Day 13



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Day 14



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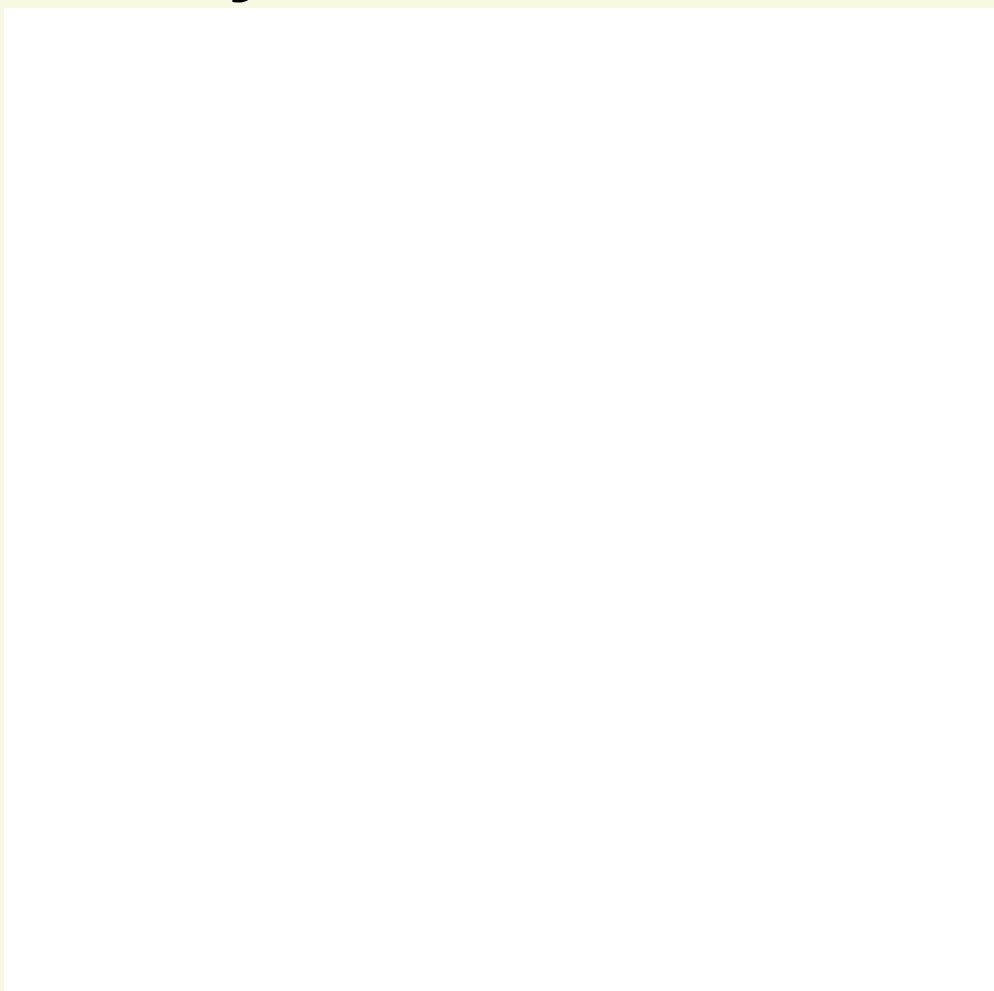
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Day 15



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# I am thankful for...

Day 16



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Day 17



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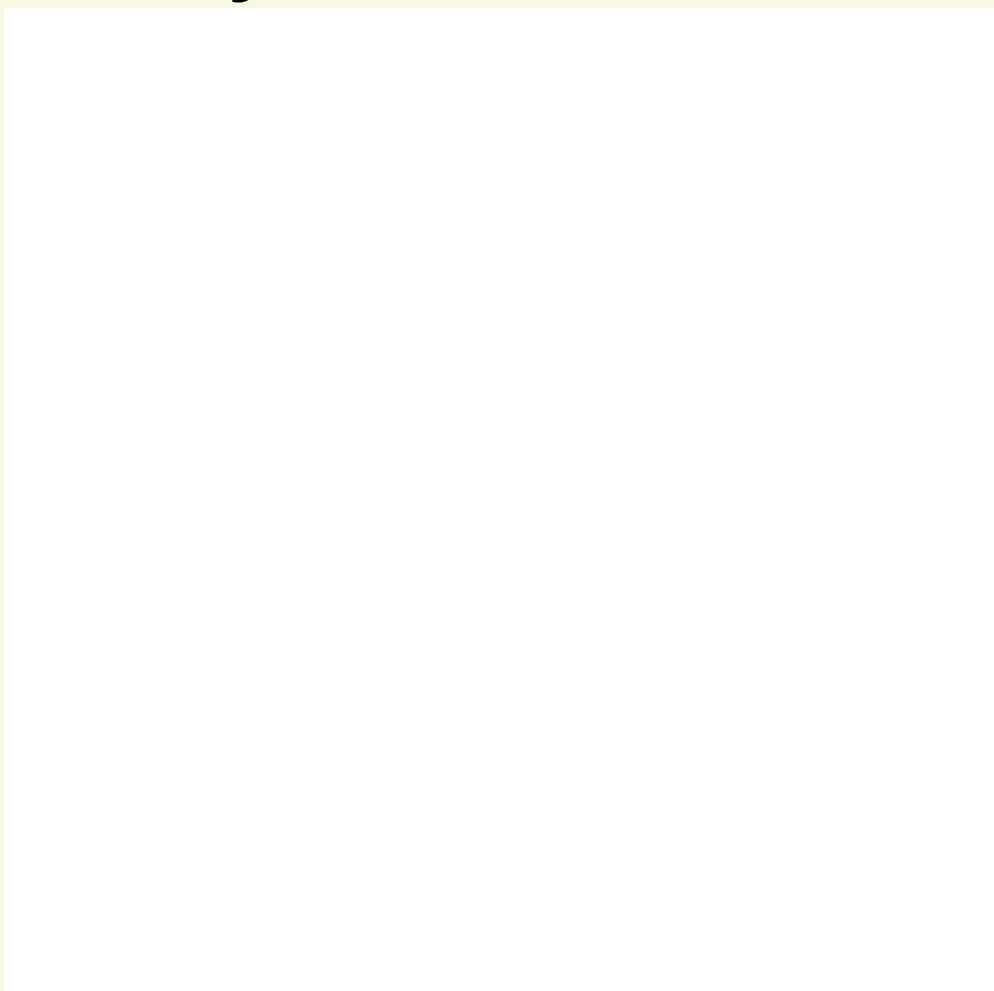
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Day 18



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# I am thankful for...

Day 19



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Day 20



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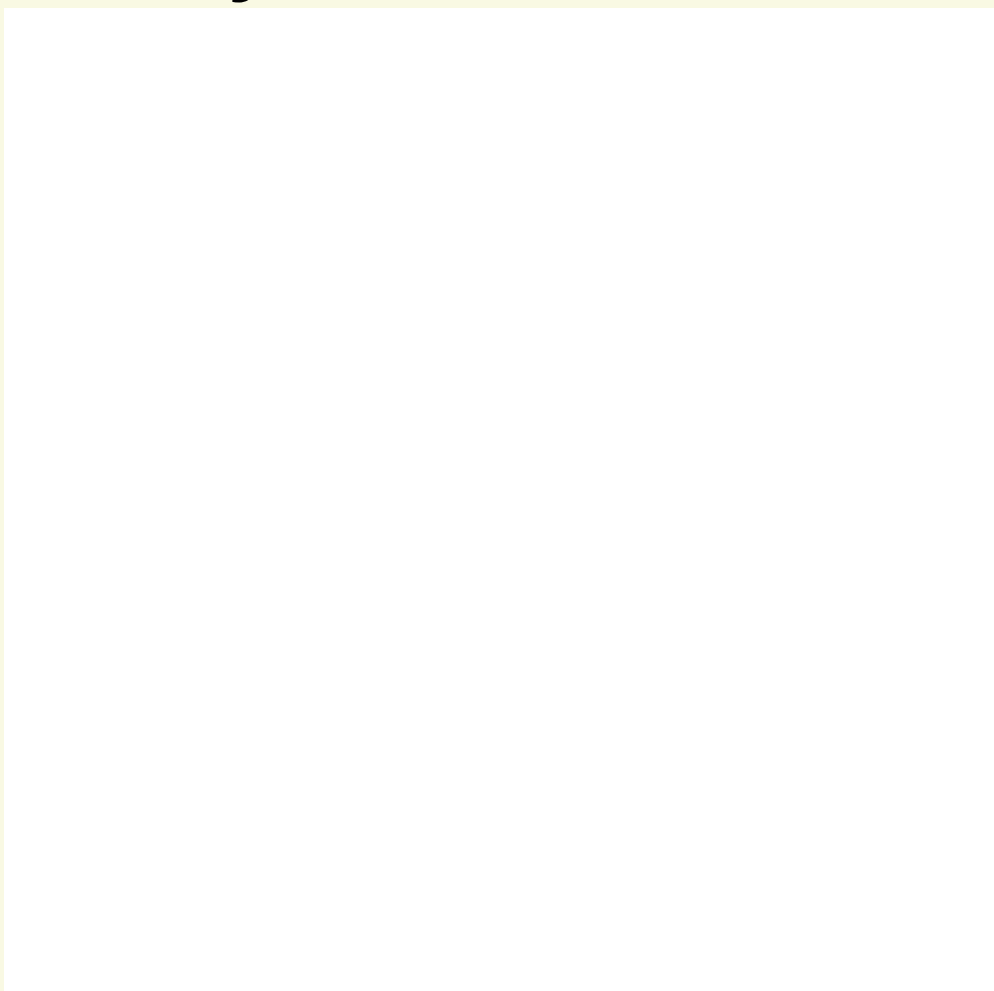
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Day 21



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# I am thankful for...

Day 22



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Day 23



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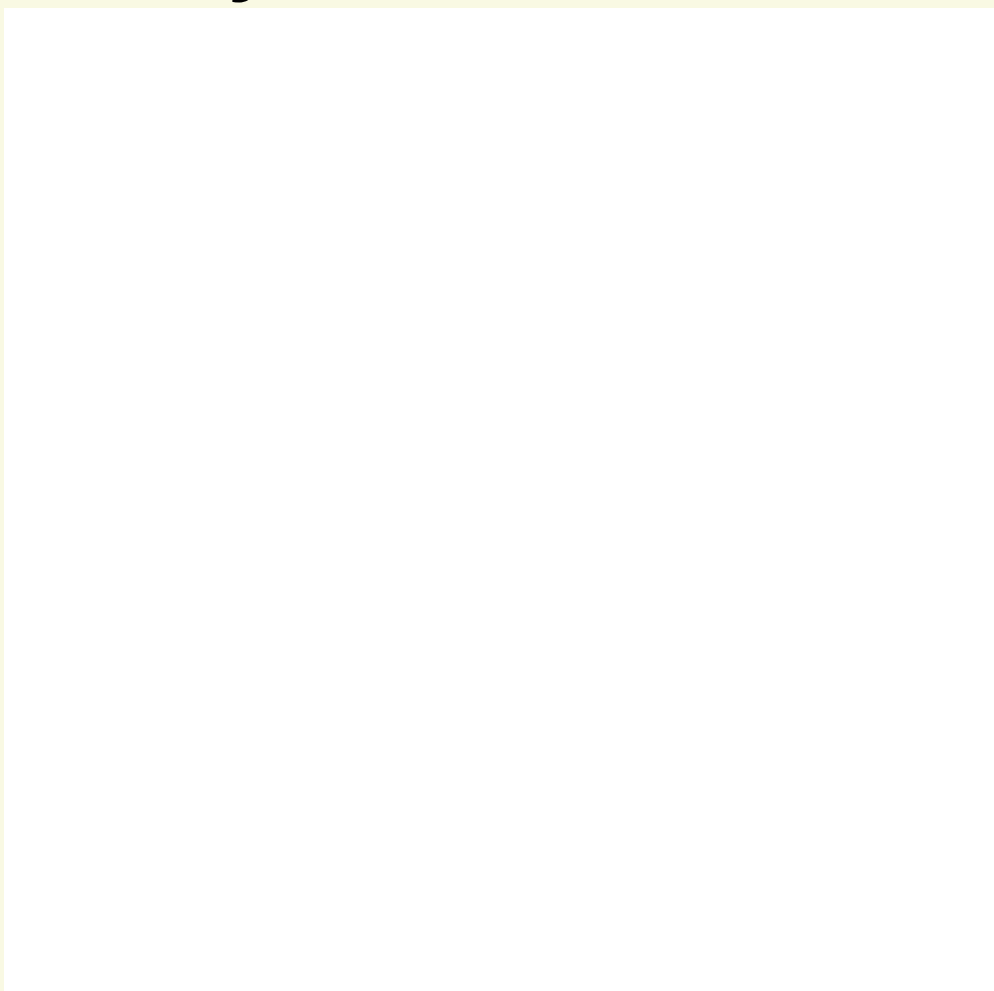
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Day 24



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# I am thankful for...

Day 25



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Day 26



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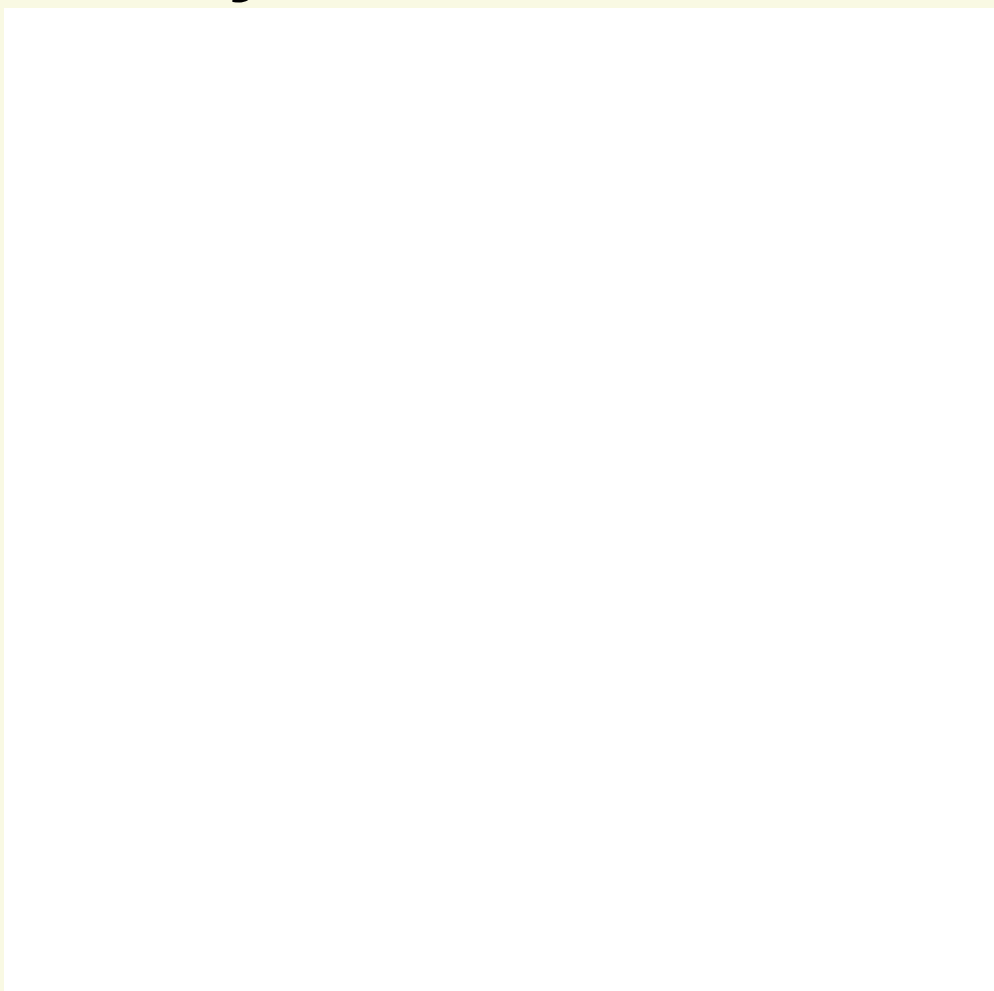
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Day 27



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# I am thankful for...

Day 28



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Day 29



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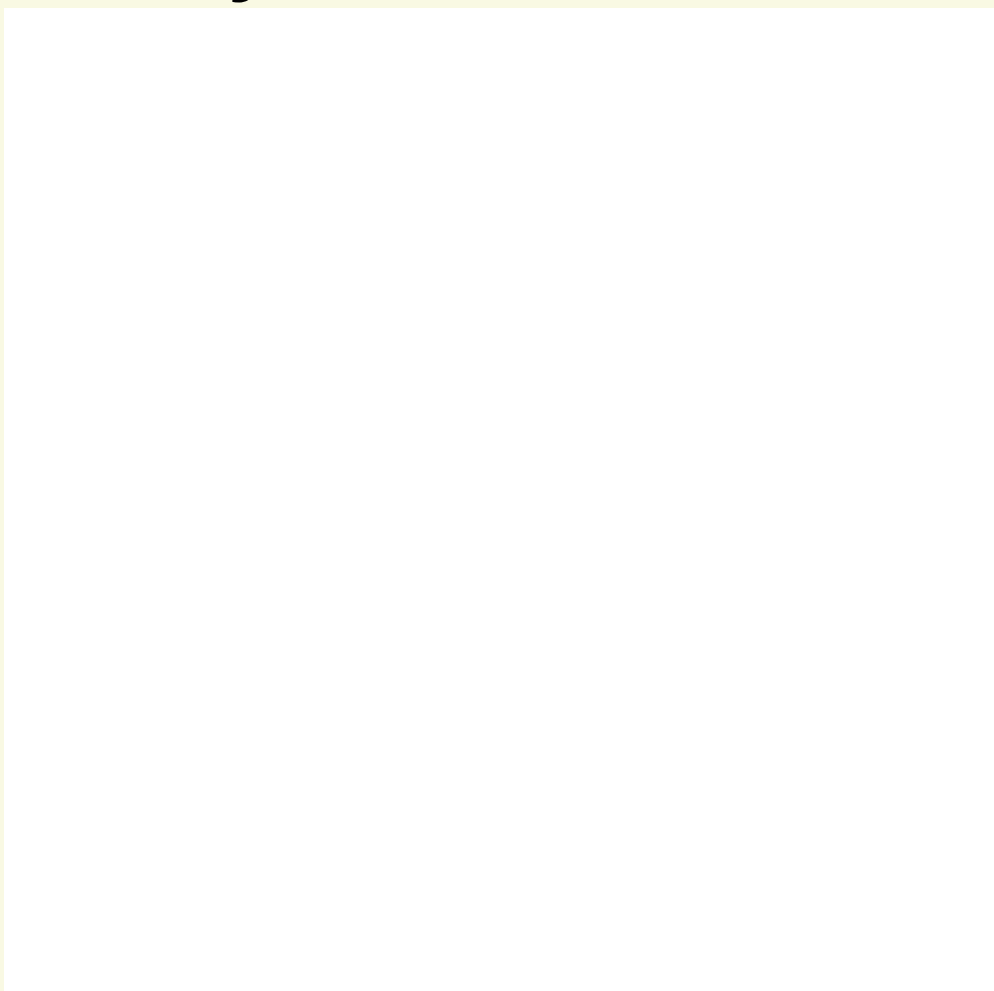
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Day 30



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