



DAILY GRATITUDE

journal sheet

Daily Affirmation: (optional) Write a positive, present-tense statement that uplifts and empowers you.

Oracle Insight: (optional) Draw a card for inspiration and guidance.

Three good things today: Moments that brought joy or positivity and that I am grateful for.

Gratitude in challenges: Consider a difficulty or obstacle and find something to be grateful for within it.

Tomorrow I look forward to:

Notes/Reminders: Anything else on your mind.