

gratitude journal

with eve sleep



early bird

Today I am **grateful** for...

My **intention** for the day...

My affirmation: **I am...**

Spread some **love** and **kindness**...

to: _____

by: _____

I am going to make today **brilliant** by...



Quote of the day: _ _ _ _ _



night owl

Today I am **grateful** for...



Today I learned something
brand spanking **new**...

I am **wishing** for...

My **fav**e things that
happened today...

Tomorrow I can't wait for...

