

FOUR WEEK GRATITUDE JOURNALING CHALLENGE

For the next four weeks, commit to writing down one sentence about what you're grateful for at the end of each day.

Week 1	
Day 1	
Day 2	
Day 3	
Day 4	
Day 5	
Day 6	
Day 7	

Week 2	
Day 1	
Day 2	
Day 3	
Day 4	
Day 5	
Day 6	
Day 7	

Week 3	
Day 1	
Day 2	
Day 3	
Day 4	
Day 5	
Day 6	
Day 7	

Week 4	
Day 1	
Day 2	
Day 3	
Day 4	
Day 5	
Day 6	
Day 7	

