

Practising Gratitude



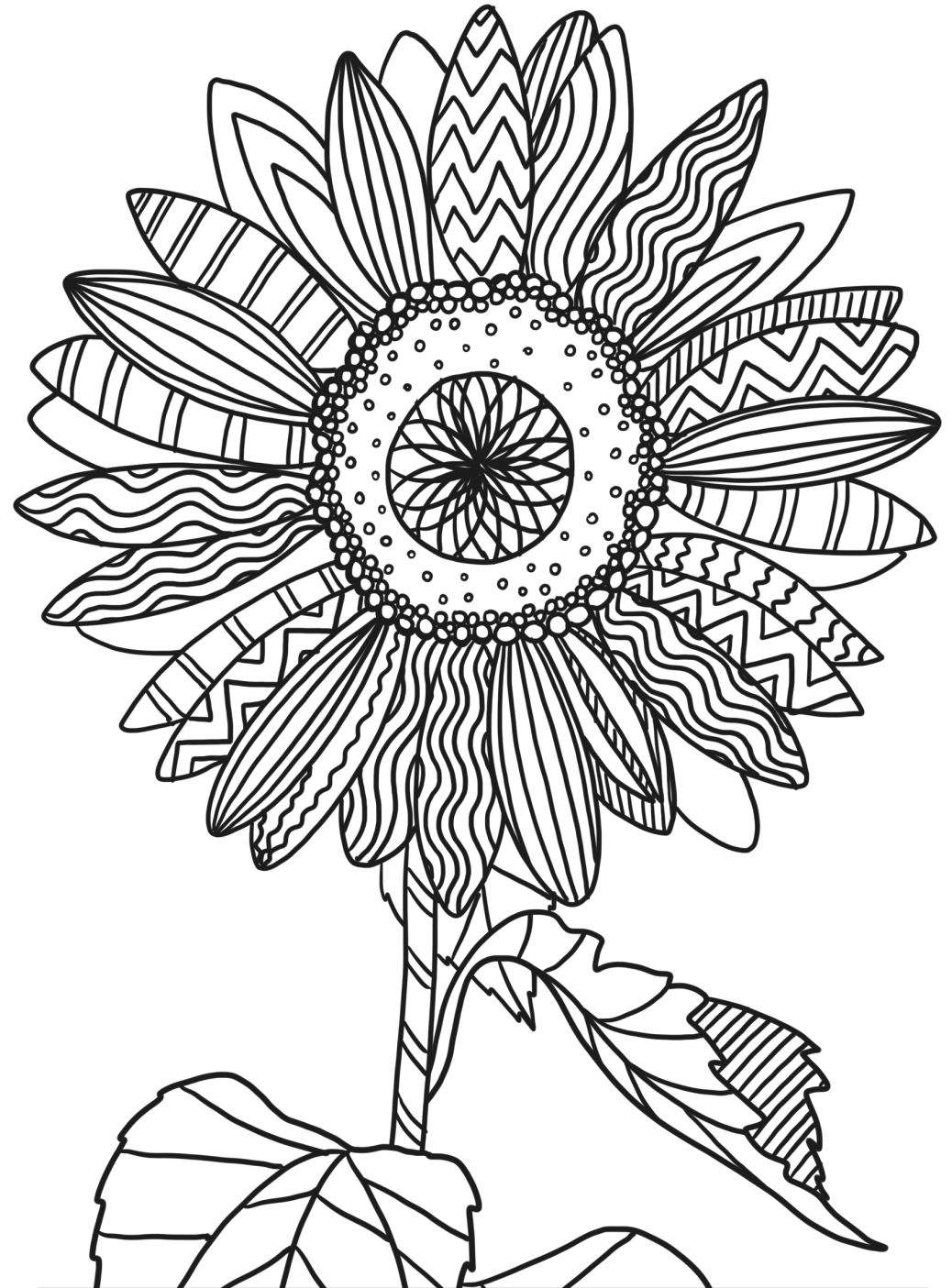
MONDAY / /

Today I'm grateful for...

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What went well today?

Thoughts and feelings



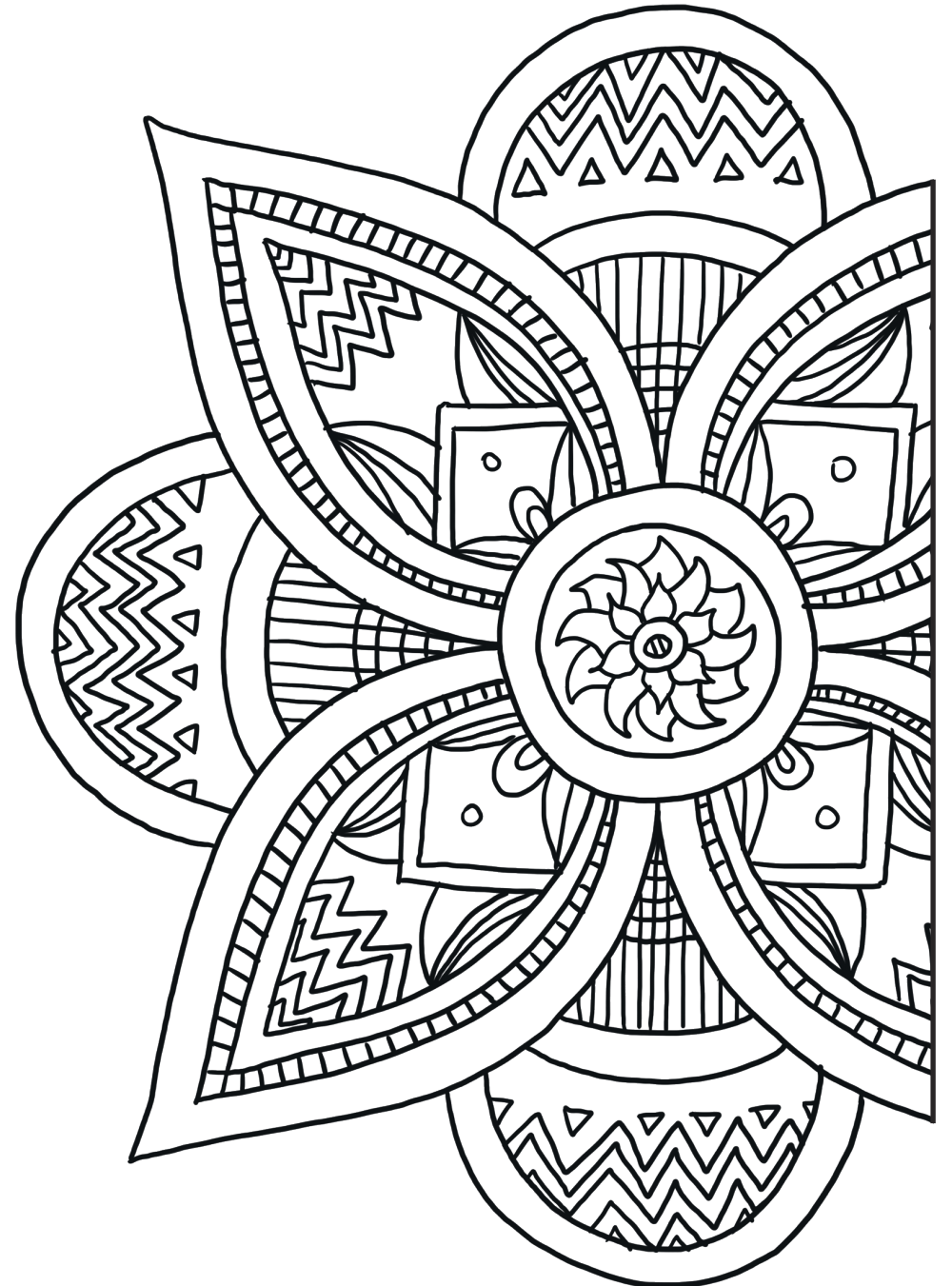
SUNDAY / /

Today I'm grateful for...

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What went well today?

Thoughts and feelings



TUESDAY / /

Today I'm grateful for...

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What went well today?

Thoughts and feelings



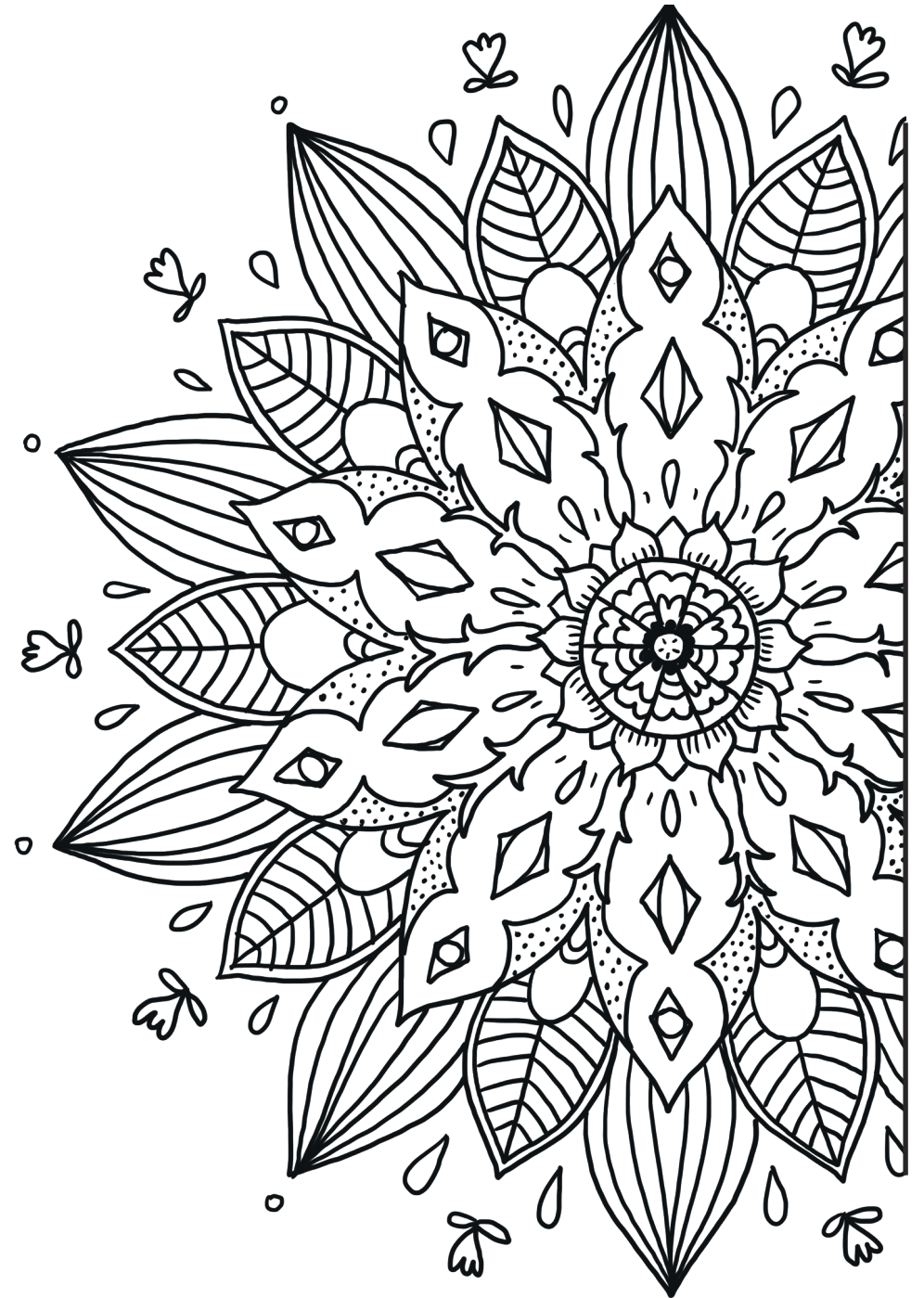
SATURDAY / /

Today I'm grateful for...

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What went well today?

Thoughts and feelings



WEDNESDAY / /

Today I'm grateful for...

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What went well today?

Thoughts and feelings



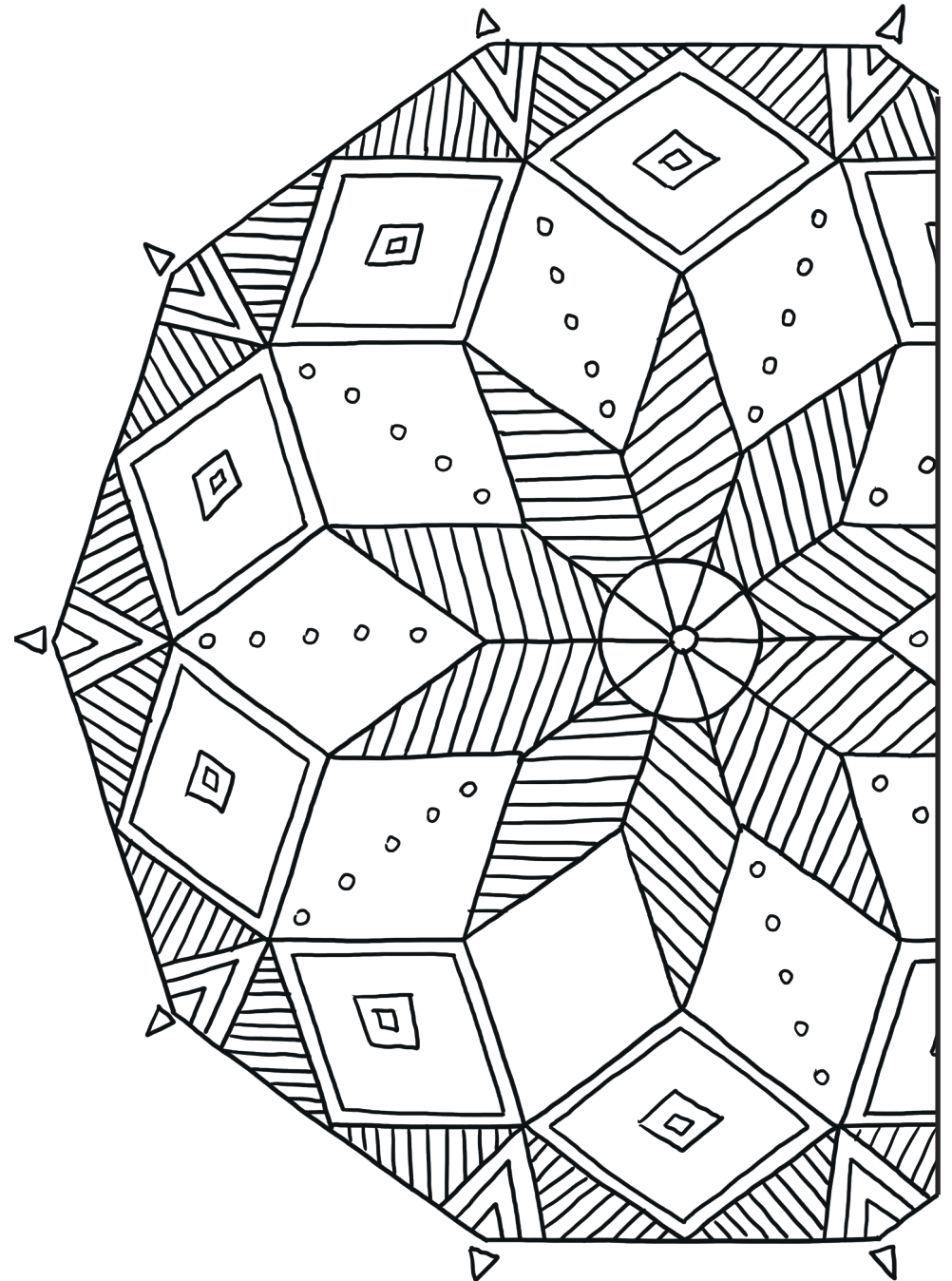
FRIDAY / /

Today I'm grateful for...

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What went well today?

Thoughts and feelings



THURSDAY / /

Today I'm grateful for...

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What went well today?

Thoughts and feelings

