

Daily Gratitude Journal



Date

M O R N I N G time:

How am I feeling this morning?

not well :(

amazing :)

Today I am grateful for...

Today's intention is...

Today's mini-milestone

Daily Gratitude Journal

B E D T I M E time:

How am I feeling this tonight?

not well :(

amazing :)

Things that made me smile today

Tomorrow, I am looking forward to...

What can I let go of today for a better tomorrow?



UC San Diego
International Students
& Programs Office