

GRATITUDE JOURNAL



PHONE: 732-815-5749

E-MAIL: BRETT.PEPPE@RUTGERS.EDU

DATE

TAKE A MOMENT EACH DAY TO REFLECT ON
THE THINGS YOU'RE THANKFUL FOR TODAY

1

2

3

THINGS THAT MADE ME SMILE TODAY







SOMETHING THAT
INSPIRED ME TODAY

PEOPLE I'M GRATEFUL
TO HAVE IN MY LIFE

Daily Affirmation

NOTES & FREE THOUGHTS

