



GRATITUDE

MONTHLY PREVIEW

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THIS MONTH'S INTENTION IS

HOW DO YOU FEEL?	HOW DO YOU WANT TO FEEL?
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WHERE DO YOU WANT TO FOCUS YOUR ENERGY?

Notes



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HIGHLIGHTS OF THE MONTH

- 1 _____
- 2 _____
- 3 _____

WHAT IS SOMETHING NEW YOU'VE LEARNED?

WHAT WERE SOME OF THE CHALLENGES YOU FACED?

WHAT IS THE BEST THING YOU HAVE DONE FOR YOURSELF THIS PAST MONTH?

HAS PRACTICING GRATITUDE HELPED YOU THIS MONTH?

YES

MAYBE

NO