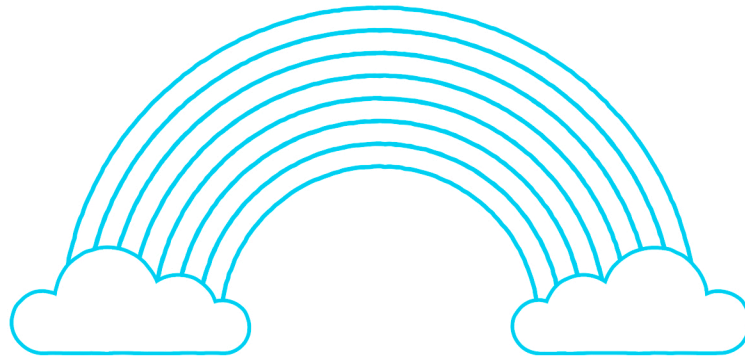




# POSITIVE

## Journal

POSITIVE  
THINKING



The date is:

.....

Three things I am grateful for today are:

1. ....
2. ....
3. ....

Two good things that happened today are:

1. ....
2. ....

One hope for tomorrow is:

1. ....

### CHALLENGE

This page is for you to print as many times as you like. It can be every day, or every two days, or once per week. It'll give you time to reflect, practise gratitude and feel PAWsitive!