



# SELF GRATITUDE DIARY

[www.empoweringteens.com.au](http://www.empoweringteens.com.au)

Why keep a SELF gratitude diary? It's a powerful tool to support you to boost your optimism and to be more aware of all the amazing things occurring in your life everyday. Commit daily to journal three things, people, experiences, foods you are grateful for in your day and watch your optimism and confidence rise xxx

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Gratitude Item No.1							
It feels good because...							
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It feels good because...							

"You are powerful beyond your wildest dreams and everything you desire you are capable of achieving. Entering the world of true gratitude flows even more abundance into your life!"