

A. Rich Dance

GRATITUDE
JOURNAL

A. RICH DANCE GRATITUDE JOURNAL

DATE: _____

MORNING ROUTINE

Before you start your day, write a list of 5 things you're grateful for

1	
2	
3	
4	
5	

EVENING ROUTINE

List three obstacles and what you're learning from them.

	OBSTACLES	WHAT I AM LEARNING
1		
2		
3		

The best part of my day (Choose one moment of your day that made you happy)

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