

# Daily Gratitude Journal



Date

M O R N I N G time:

How am I feeling this morning?

not well :(

amazing :)

Today I am grateful for...

Today's intention is...

Today's mini-milestone

# Daily Gratitude Journal

B E D T I M E      time:

How am I feeling tonight?

not well :(

amazing :)

Things that made me smile today

Tomorrow, I am looking forward to...

What can I let go of today for a better tomorrow?



UC San Diego  
International Students  
& Programs Office