

# 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