



52 WEEKS

The Positive Phil Gratitude Journal

Write it down. Watch your days change.

How to use this

Take five minutes once a day. Morning or night, your pick.

Fill in the three lines for the day. Short is fine.

Once a week, write one win and one person to thank.

Missed a few days? Skip them and keep going. No guilt.

Print it, or fill it in on a tablet. It is yours.

Gratitude is not pretending things are easy.

It is noticing the good that is already here.

You are doing better than you think. Let us build this together.

What made you smile this week?

Mon I am thankful for _____

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This week's win _____

Someone to thank _____

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LOOK HOW FAR YOU CAME

Keep going.

Pass this on to someone who could use it.

positivephil.com