

GRATITUDE AND GOALS JOURNAL

DATE

GRATITUDE

1. Supportive Family: I'm grateful for my family's unwavering support, especially during challenging times.
2. Healthy Body: I appreciate my health and the energy it gives me to pursue my passions.
3. Comfortable Home: I'm thankful for having a cozy and safe space to live and relax in.

GOALS

1. Goal: Improve My Fitness Routine
 - Action Step: Schedule three 30-minute workouts this week and try a new workout class on Thursday.
2. Goal: Advance in My Career
 - Action Step: Spend one hour revising my resume and reach out to a professional mentor for feedback.
3. Goal: Learn a New Skill
 - Action Step: Enroll in an online course about digital marketing and complete the first module by Sunday.

REFLECTIONS

1. How did expressing gratitude affect my motivation today?
 - Recognizing the support and health I have boosts my energy and optimism, making me feel more capable of tackling my goals.
2. What progress did I make towards my goals?
 - I've set specific actions for each goal and feel more organized and determined to follow through.