



The  
Gratitude  
Journal  
Of

# Weekly Planner

TO DO LIST :

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GOALS:

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PRAY ABOUT :

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REMEMBER:



# Daily Journal

Date: \_\_\_\_\_

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Notes:

Four horizontal lines for writing notes.



Today's Mood



**Food For Thought...**  
 Today, remember the golden rule: treat others with kindness, just as you would like to be treated. When you show love and respect to those around you, you create a world filled with happiness and harmony.  
 Luke 6:31



Things I Enjoyed Or Look Forward To:



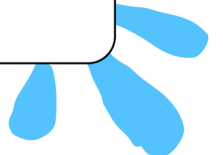
Grateful For:  
About Myself



Grateful For:  
About My Parents



Grateful For:  
About God




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# Daily Journal

Date: \_\_\_\_\_

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Notes:

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**Food For Thought...**

In your interactions today, choose kindness over anger, compassion over judgment, and forgiveness over grudges. By following Christ's example, you can bring healing and restoration to those around you.

Ephesians 4:32



Things I Enjoyed Or Look Forward To:







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Today's Mood

Grateful For:  
About Myself

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Grateful For:  
About My Parents

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Grateful For:  
About God

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# Daily Journal

Date: \_\_\_\_\_

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 Notes:


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Today's Mood

**Food For Thought...**

Remember, age is not a barrier to making a positive impact. Live in a way that reflects your faith and values. Your words, actions, love, faith, and purity can inspire others and show them the goodness of God.

1 Timothy 4:12



Things I Enjoyed Or Look Forward To:

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Grateful For:  
About Myself

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Grateful For:  
About My Parents

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Grateful For:  
About God

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# Daily Journal







Date: \_\_\_\_\_

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**Food For Thought...**
  
 Embrace your uniqueness! God created you with great care and purpose. When faced with negativity or criticism, remember that your differences are what make you shine. Let your light inspire others to celebrate their own uniqueness.
   
 Psalm 139:14


  
 Notes:
   
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**Things I Enjoyed Or  
 Look Forward To:**
  
  

  
  

  
  

  
  






**Today's Mood**
  







**Grateful For:  
 About Myself**
  
  


**Grateful For:  
 About My Parents**
  
  

  
  

  
  

  
  


**Grateful For:  
 About God**
  
  




# Daily Journal

Date: \_\_\_\_\_

S M T W T F S



## Food For Thought...

Today, practice humility and selflessness. Look for opportunities to put others first and serve them with a genuine heart. When you value others and their needs, you bring joy to their lives and reflect the love of Christ.

Philippians 2:3



Notes:

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Things I Enjoyed Or  
Look Forward To:



Today's Mood



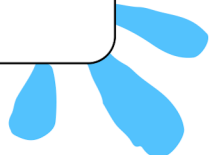
Grateful For:  
About Myself



Grateful For:  
About My Parents



Grateful For:  
About God




# Daily Journal

Date: \_\_\_\_\_

S M T W T F S

**Food For Thought...**  
 Pay attention to your words today. Speak with grace and kindness, adding flavor to your conversations. When you choose uplifting and encouraging words, you can make a positive impact on others' lives and reflect God's love. Colossians 4:6



Notes:

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Things I Enjoyed Or Look Forward To:

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Today's Mood



Grateful For: About Myself

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Grateful For: About My Parents

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Grateful For: About God

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# Daily Journal

Date: \_\_\_\_\_

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**Food For Thought...**  
 Remember that everything you say and do can be an opportunity to honor God. Whether you are studying, playing, or helping others, do it with a heart full of gratitude and love. By living this way, you bring glory to God in all that you do. Colossians 3:17

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Things I Enjoyed Or Look Forward To:

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Today's Mood





Grateful For:  
About Myself

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Grateful For:  
About My Parents

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Grateful For:  
About God

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- ★
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- ★