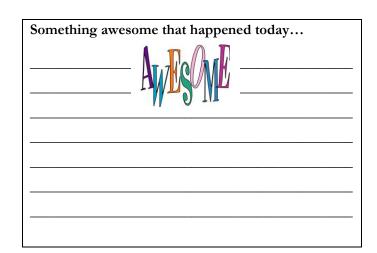
My Gratitude Journal

Today's Date:______Sun Mon Tu Wed Thurs Fri Sat

Today's message to myself	

Someone I could surprise with a note of appreciation or gift		
	THANK	



How do I feel today?

