



# Gratitude Notes

BY TOP MINDFUL NOTES

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## MORNING GRATITUDE

List a few things you're grateful for when you first wake up

## PEOPLE I'M THANKFUL FOR

List some people who made your life a little better today

## GOOD THINGS TODAY

Take some time to write down some positive things that happened today. Take a few minutes to reflect on them before you go to bed.



# Notes of the Day

BY TOP MINDFUL NOTES

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## NOTES OF GRATITUDE

Blank area for writing notes of gratitude.

## REMINDERS TO SELF

Blank area for writing reminders to self.

## IMPORTANT NOTES

Large blank area for writing important notes.