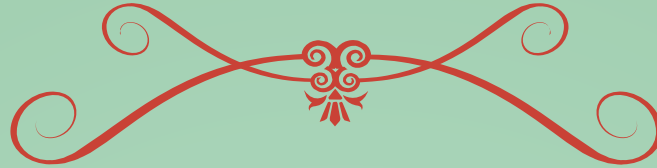




DR. ANGELA E. BATISTA
TRANSFORMATION BY DESIGN
elevating leadership with purpose



**DAILY
GRATITUDE**

Mini Journal



www.drangelabatista.com

Morning Gratitude

date:

Today, I feel grateful about:

-
-
-

Today, I look forward to:

.....

.....

.....

Things I will keep in mind today:

.....

.....

.....

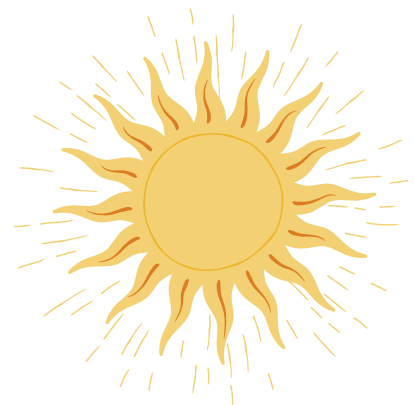
.....

Something I will do for another:

.....

.....

.....



Evening Gratitude

date:

This evening, I feel grateful about:

-
-
-

The best part of today was:

.....

.....

.....

A thanks to someone who made me day better:

.....

.....

.....

.....

Something that surprised me today:

.....

.....

.....



date:

**Who are the people that you are really grateful for in your life?
Why are they so special and how can you
make them feel more special?**



