

 gratitude journal

Specific beats impressive.

today I noticed

Three specific things, big or tiny.

someone I appreciate

What did they do or make possible?

something ordinary I would miss

A small piece of daily life.

 gratitude journal

Specific beats impressive.

what I can give back

One kind action, message, or bit of attention.

a good moment I almost missed

Slow it down enough to remember it.

tomorrow I want to notice

Set your attention before the day starts.
