

THE GRATITUDE JOURNAL PROJECT



trueroots.org

Transforming Trauma Into Triumph

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Day 1

One good thing that happened to me today...

Something good that I saw someone do...

Today I had fun when...

Day 2

Something I accomplished today...

Something funny that happened today...

Someone I was thankful for today...

Day 3

Something I was thankful for today...

Today I smiled when...

Something about today I'll always want to remember...

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Day 4

One good thing that happened to me today...

Today was special because...

Today I was proud of myself because...

Day 5

Something interesting that happened today...

Someone I was thankful for today...

Today I had fun when...

Day 6

Something about today I'll always want to remember...

Something funny that happened today...

My favorite part of today...

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Day 7

Something I was happy about today...

Something good I saw someone do today...

Something I did well today...

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TRUE ROOTS COUNSELLING SERVICES

Welcome to True Roots Counselling Services where we assist people blindsided & overwhelmed by life-altering circumstances to
Transform Their Trauma Into Triumph.

Book a 15-Minute Consultation to explore your TRUE ROOTS

[Learn more](#)



**Kimberly Cato, Registered Psychotherapist
CEO & Founder of True Roots Counselling Services**