

Gold Star Thank You Journal

Date: _____

Before my day begins, I say *thank you* for:

- _____
- _____
- _____
- _____
- _____
- _____

My *thank you* affirmations for today are:

- _____
- _____
- _____
- _____
- _____
- _____

At the end of my day, I give a gold star for:

- ★ _____
- ★ _____
- ★ _____
- ★ _____
- ★ _____
- ★ _____