Date: _____

the Heart Project

Morning Gratitude

Start your morning with a grateful heart ♥

I am so grateful _____

I am so grateful _____

I am so grateful _____

Nightly Gratitude

Go to bed each night with a grateful heart ♥

I am so grateful _____

I am so grateful _____

I am so grateful _____

I am so grateful _____

I am so grateful _____

I am so grateful _____

I am so grateful _____

Life Goals

Reach your big goals faster by writing down your big life goals as if they have already happened.

Today's Goals

Set your intentions for today ✓✓✓