



# *Gratitude*

THE JOURNAL

THE PRACTICE WITH DAPHNE LYON

DATE / /

TODAY I'M GRATEFUL FOR

- 
- 
- 

I'M PROUD OF

- 
- 
- 

CALLING IN MORE OF THIS

- 
- 
- 

LETTING GO OF THIS

- 
- 
- 

TOMORROW I LOOK FORWARD TO

---

---

---

---

DATE / /

TODAY I'M GRATEFUL FOR

- 
- 
- 

I'M PROUD OF

- 
- 
- 

CALLING IN MORE OF THIS

- 
- 
- 

LETTING GO OF THIS

- 
- 
- 

TOMORROW I LOOK FORWARD TO

---

---

---

---

DATE / /

TODAY I'M GRATEFUL FOR

- 
- 
- 

I'M PROUD OF

- 
- 
- 

CALLING IN MORE OF THIS

- 
- 
- 

LETTING GO OF THIS

- 
- 
- 

TOMORROW I LOOK FORWARD TO

---

---

---

---

DATE / /

TODAY I'M GRATEFUL FOR

- 
- 
- 

I'M PROUD OF

- 
- 
- 

CALLING IN MORE OF THIS

- 
- 
- 

LETTING GO OF THIS

- 
- 
- 

TOMORROW I LOOK FORWARD TO

---

---

---

---

DATE / /

TODAY I'M GRATEFUL FOR

- 
- 
- 

I'M PROUD OF

- 
- 
- 

CALLING IN MORE OF THIS

- 
- 
- 

LETTING GO OF THIS

- 
- 
- 

TOMORROW I LOOK FORWARD TO

---

---

---

---

DATE / /

TODAY I'M GRATEFUL FOR

- 
- 
- 

I'M PROUD OF

- 
- 
- 

CALLING IN MORE OF THIS

- 
- 
- 

LETTING GO OF THIS

- 
- 
- 

TOMORROW I LOOK FORWARD TO

---

---

---

---

DATE / /

TODAY I'M GRATEFUL FOR

- 
- 
- 

I'M PROUD OF

- 
- 
- 

CALLING IN MORE OF THIS

- 
- 
- 

LETTING GO OF THIS

- 
- 
- 

TOMORROW I LOOK FORWARD TO

---

---

---

---



DATE / /

TODAY I'M GRATEFUL FOR

- 
- 
- 

I'M PROUD OF

- 
- 
- 

CALLING IN MORE OF THIS

- 
- 
- 

LETTING GO OF THIS

- 
- 
- 

TOMORROW I LOOK FORWARD TO

---

---

---

---

DATE / /

TODAY I'M GRATEFUL FOR

- 
- 
- 

I'M PROUD OF

- 
- 
- 

CALLING IN MORE OF THIS

- 
- 
- 

LETTING GO OF THIS

- 
- 
- 

TOMORROW I LOOK FORWARD TO

---

---

---

---

DATE / /

TODAY I'M GRATEFUL FOR

- 
- 
- 

I'M PROUD OF

- 
- 
- 

CALLING IN MORE OF THIS

- 
- 
- 

LETTING GO OF THIS

- 
- 
- 

TOMORROW I LOOK FORWARD TO

---

---

---

---

DATE / /

TODAY I'M GRATEFUL FOR

- 
- 
- 

I'M PROUD OF

- 
- 
- 

CALLING IN MORE OF THIS

- 
- 
- 

LETTING GO OF THIS

- 
- 
- 

TOMORROW I LOOK FORWARD TO

---

---

---

---

DATE / /

TODAY I'M GRATEFUL FOR

- 
- 
- 

I'M PROUD OF

- 
- 
- 

CALLING IN MORE OF THIS

- 
- 
- 

LETTING GO OF THIS

- 
- 
- 

TOMORROW I LOOK FORWARD TO

---

---

---

---

DATE / /

TODAY I'M GRATEFUL FOR

- 
- 
- 

I'M PROUD OF

- 
- 
- 

CALLING IN MORE OF THIS

- 
- 
- 

LETTING GO OF THIS

- 
- 
- 

TOMORROW I LOOK FORWARD TO

---

---

---

---

DATE / /

TODAY I'M GRATEFUL FOR

- 
- 
- 

I'M PROUD OF

- 
- 
- 

CALLING IN MORE OF THIS

- 
- 
- 

LETTING GO OF THIS

- 
- 
- 

TOMORROW I LOOK FORWARD TO

---

---

---

---

DATE / /

TODAY I'M GRATEFUL FOR

- 
- 
- 

I'M PROUD OF

- 
- 
- 

CALLING IN MORE OF THIS

- 
- 
- 

LETTING GO OF THIS

- 
- 
- 

TOMORROW I LOOK FORWARD TO

---

---

---

---



DATE / /

TODAY I'M GRATEFUL FOR

- 
- 
- 

I'M PROUD OF

- 
- 
- 

CALLING IN MORE OF THIS

- 
- 
- 

LETTING GO OF THIS

- 
- 
- 

TOMORROW I LOOK FORWARD TO

---

---

---

---

DATE / /

TODAY I'M GRATEFUL FOR

- 
- 
- 

I'M PROUD OF

- 
- 
- 

CALLING IN MORE OF THIS

- 
- 
- 

LETTING GO OF THIS

- 
- 
- 

TOMORROW I LOOK FORWARD TO

---

---

---

---

DATE / /

TODAY I'M GRATEFUL FOR

- 
- 
- 

I'M PROUD OF

- 
- 
- 

CALLING IN MORE OF THIS

- 
- 
- 

LETTING GO OF THIS

- 
- 
- 

TOMORROW I LOOK FORWARD TO

---

---

---

---

DATE / /

TODAY I'M GRATEFUL FOR

- 
- 
- 

I'M PROUD OF

- 
- 
- 

CALLING IN MORE OF THIS

- 
- 
- 

LETTING GO OF THIS

- 
- 
- 

TOMORROW I LOOK FORWARD TO

---

---

---

---

DATE / /

TODAY I'M GRATEFUL FOR

- 
- 
- 

I'M PROUD OF

- 
- 
- 

CALLING IN MORE OF THIS

- 
- 
- 

LETTING GO OF THIS

- 
- 
- 

TOMORROW I LOOK FORWARD TO

---

---

---

---

DATE / /

TODAY I'M GRATEFUL FOR

- 
- 
- 

I'M PROUD OF

- 
- 
- 

CALLING IN MORE OF THIS

- 
- 
- 

LETTING GO OF THIS

- 
- 
- 

TOMORROW I LOOK FORWARD TO

---

---

---

---

DATE / /

TODAY I'M GRATEFUL FOR

- 
- 
- 

I'M PROUD OF

- 
- 
- 

CALLING IN MORE OF THIS

- 
- 
- 

LETTING GO OF THIS

- 
- 
- 

TOMORROW I LOOK FORWARD TO

---

---

---

---

DATE / /

TODAY I'M GRATEFUL FOR

- 
- 
- 

I'M PROUD OF

- 
- 
- 

CALLING IN MORE OF THIS

- 
- 
- 

LETTING GO OF THIS

- 
- 
- 

TOMORROW I LOOK FORWARD TO

---

---

---

---



DATE / /

TODAY I'M GRATEFUL FOR

- 
- 
- 

I'M PROUD OF

- 
- 
- 

CALLING IN MORE OF THIS

- 
- 
- 

LETTING GO OF THIS

- 
- 
- 

TOMORROW I LOOK FORWARD TO

---

---

---

---

DATE / /

TODAY I'M GRATEFUL FOR

- 
- 
- 

I'M PROUD OF

- 
- 
- 

CALLING IN MORE OF THIS

- 
- 
- 

LETTING GO OF THIS

- 
- 
- 

TOMORROW I LOOK FORWARD TO

---

---

---

---

DATE / /

TODAY I'M GRATEFUL FOR

- 
- 
- 

I'M PROUD OF

- 
- 
- 

CALLING IN MORE OF THIS

- 
- 
- 

LETTING GO OF THIS

- 
- 
- 

TOMORROW I LOOK FORWARD TO

---

---

---

---

DATE / /

TODAY I'M GRATEFUL FOR

- 
- 
- 

I'M PROUD OF

- 
- 
- 

CALLING IN MORE OF THIS

- 
- 
- 

LETTING GO OF THIS

- 
- 
- 

TOMORROW I LOOK FORWARD TO

---

---

---

---

DATE / /

TODAY I'M GRATEFUL FOR

- 
- 
- 

I'M PROUD OF

- 
- 
- 

CALLING IN MORE OF THIS

- 
- 
- 

LETTING GO OF THIS

- 
- 
- 

TOMORROW I LOOK FORWARD TO

---

---

---

---

DATE / /

TODAY I'M GRATEFUL FOR

- 
- 
- 

I'M PROUD OF

- 
- 
- 

CALLING IN MORE OF THIS

- 
- 
- 

LETTING GO OF THIS

- 
- 
- 

TOMORROW I LOOK FORWARD TO

---

---

---

---

DATE / /

TODAY I'M GRATEFUL FOR

- 
- 
- 

I'M PROUD OF

- 
- 
- 

CALLING IN MORE OF THIS

- 
- 
- 

LETTING GO OF THIS

- 
- 
- 

TOMORROW I LOOK FORWARD TO

---

---

---

---