

To Print Journal

- ⇒ Select Fit for your Paper Size
- ⇒ Select Print On Both Sides of Paper
- ⇒ Select Flip on Short Edge & Landscape Orientation

To Assemble Journal

Fold pages in half - Insert each page - Tape in the middle on top and bottom

Watch Video here:

<https://igoaledit.com/7-day-gratitude-journal-download/>

Mission Statement

The mission of I Goaled It is to bring together a diverse community of mentors, teachers, coaches and healers from around the world to share their gifts and empower people like yourself to achieve your dreams.

By working together and providing motivation, inspiration, and education, I Goaled It strives to make a positive impact on the world and help you discover your full potential.

Through our website, membership program, and up and coming events, I Goaled It aims to create a supportive and inspiring environment where you can take the steps towards your goals and desires until they become your new reality.



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A Powerful Way To Happiness
is
Gratitude
&
Goals

This Gratitude & Goals Journal
belongs to: _____

Starting _____ Ending _____
Month Day Year Month Day Year

7 Day Gratitude & Goals Journal

Morning

Month

Sunday

Year

When you arise in the morning, think of what a precious privilege it is to be alive - to breathe, to think, to enjoy, to love.
- Marcus Aurelius

3 Things I am grateful for on this new day

1. _____

2. _____

3. _____

3 Actions-steps I can take today

1. _____

2. _____

Evening

Actions-steps I took today

My best highlights of today

Rate my Day



I Survived



It was OK



Best Day Ever!

Morning

Month

Monday

Year

Most great people have attained their greatest success just one step beyond their greatest failure. - Napoleon Hill

3 Things I am grateful for on this new day

- 1.
2.
3.

3 Actions-steps I can take today

- 1.
2.
3.

Evening

Actions-steps I took today

Lined area for writing actions-steps taken today.

My best highlights of today

Lined area for writing best highlights of today.

Rate my Day



I Survived

It was OK

Best Day Ever!

Morning

Month

Saturday

Year

Gratitude makes sense of our past, brings peace for today, and creates a vision for tomorrow. -Melody Beattie

3 Things I am grateful for on this new day

1.

2.

3.

3 Actions-steps I can take today

1.

2.

3.

Evening

Actions-steps I took today

Lined area for writing actions-steps taken today.

My best highlights of today

Lined area for writing best highlights of today.

Rate my Day



I Survived

It was OK

Best Day Ever!

Morning

Month

Tuesday

Year

I am happy because I'm grateful. I choose to be grateful.
That gratitude allows me to be happy.
- Will Arnett

3 Things I am grateful for on this new day

- 1. _____
- _____
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- _____

3 Actions-steps I can take today

- 1. _____
- _____
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- _____
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- _____

Evening

Actions-steps I took today

- _____
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My best highlights of today

- _____
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- _____
- _____

Rate my Day



I Survived

It was OK

Best Day Ever!

Morning

Month

Friday

Year

The art of being happy lies in the power of extracting happiness from common things.
- Henry Ward Beecher

3 Things I am grateful for on this new day

1. _____

2. _____

3. _____

3 Actions-steps I can take today

1. _____

3. _____

Evening

Actions-steps I took today

My best highlights of today

Rate my Day



I Survived

It was OK

Best Day Ever!

Morning

Month

Wednesday

Year

It is through gratitude for the present moment that the spiritual dimension of life opens up.
- Eckhart Tolle

3 Things I am grateful for on this new day

1.

2.

3.

3 Actions-steps I can take today

1.

2.

3.

Evening

Actions-steps I took today

My best highlights of today

Rate my Day



I Survived

It was OK

Best Day Ever!

Morning

Month

Thursday

Year

Every story I create, creates me. I write to create myself.
- Octavia E. Butler

3 Things I am grateful for on this new day

1.

2.

3.

3 Actions-steps I can take today

1.

2.

3.

Evening

Actions-steps I took today

My best highlights of today

Rate my Day



I Survived

It was OK

Best Day Ever!