

Four G's Journaling

Gratitude

Things I'm grateful for; Can be the same things every day

1. _____
2. _____
3. _____
4. _____
5. _____

Goals

Clean my garage, be peaceful, make my kids feel loved, eat healthy, etc.

1. _____
2. _____
3. _____
4. _____
5. _____

Good Job

Things I'm proud of; Things people said or did that show they care about me or that I'm doing a great job

1. _____
2. _____
3. _____
4. _____
5. _____

Great Expectations

Things I'm looking forward to

1. _____
2. _____
3. _____
4. _____
5. _____