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| --- | --- | --- | --- |
|  | |  | People People who bring you joy      People who have taught you valuable lessons      People you can count on     Things Things that make your life easier  Things you use everyday Activities Activities that are fun  Activities that help you de-stress or get healthy |
| Gratefulness Log | |
|  | |
|  | This gratefulness log can be used to help people who may struggle thinking of things to write. Feel free to modify it to your needs. |