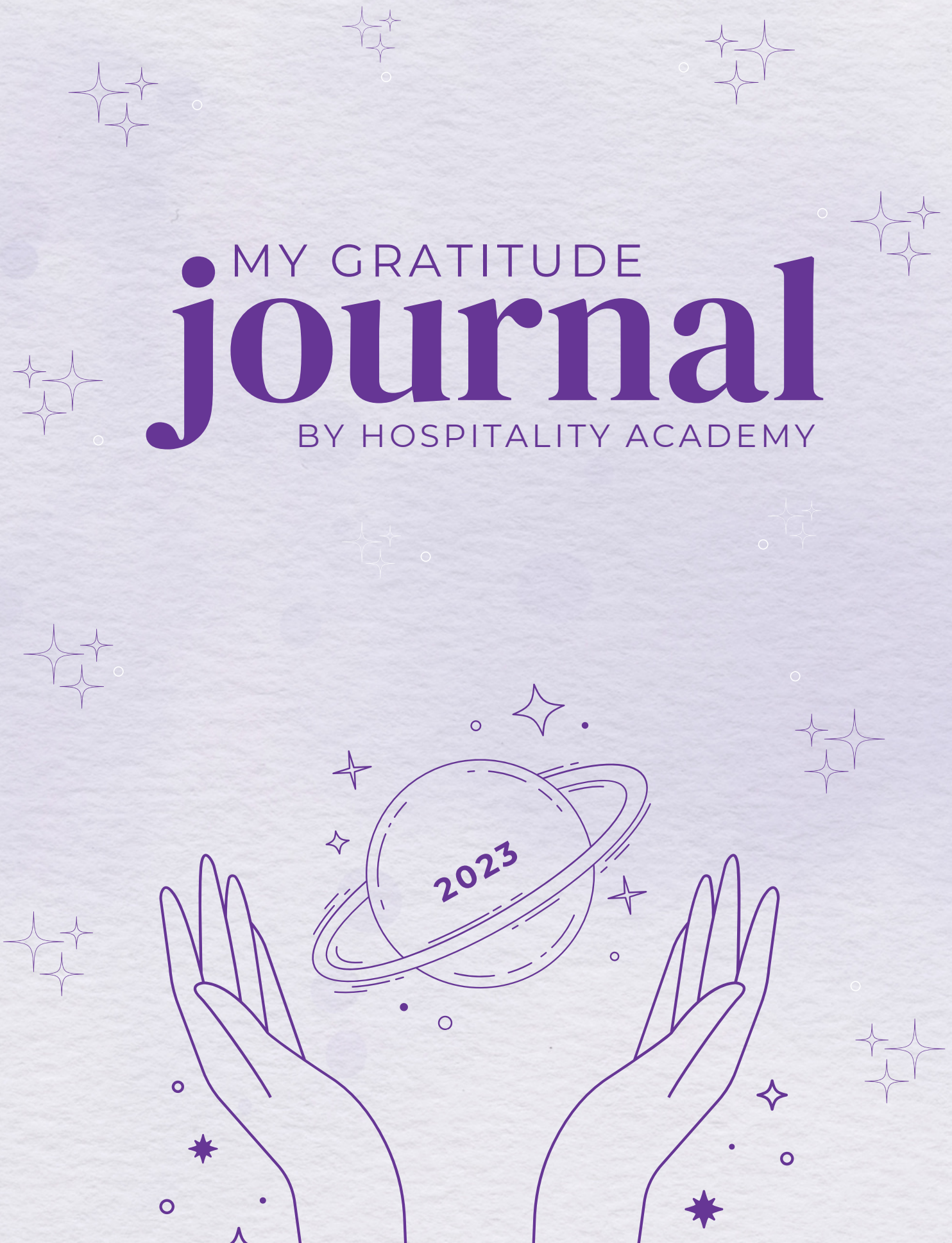


MY GRATITUDE
journal
BY HOSPITALITY ACADEMY



"Gratitude helps you fall in love with
the life you already have."



This journal belongs to:

FAENA

HOTEL MIAMI BEACH

SEPTEMBER GRATITUDES



“Enjoy the little things, for one day you may look back and realize they were the big things.”

Journal prompts about yourself

1) WHAT ARE YOU ADMIRING AND COMPLIMENTED FOR THE MOST?

2) HOW DO YOU THINK YOU CAN MAKE YOUR LIFE MORE ENJOYABLE?

3) WHAT DOES SUCCESS MEAN TO YOU?

4) WHAT IS THE BEST ADVICE YOU HAVE EVER RECEIVED?

5) WHAT ADVICE WOULD YOU GIVE TO YOUR YOUNGER SELF?

6) WHAT DO YOU THINK YOU ARE MISSING RIGHT AT THIS MOMENT?

7) WHAT DO YOU LOVE THE MOST ABOUT YOURSELF?

8) DEFINE YOUR BOUNDARIES.

9) WHAT DO YOU LOOK FOR WHEN YOU ARE STRUGGLING?

30-Day Challenge

My new habit is:

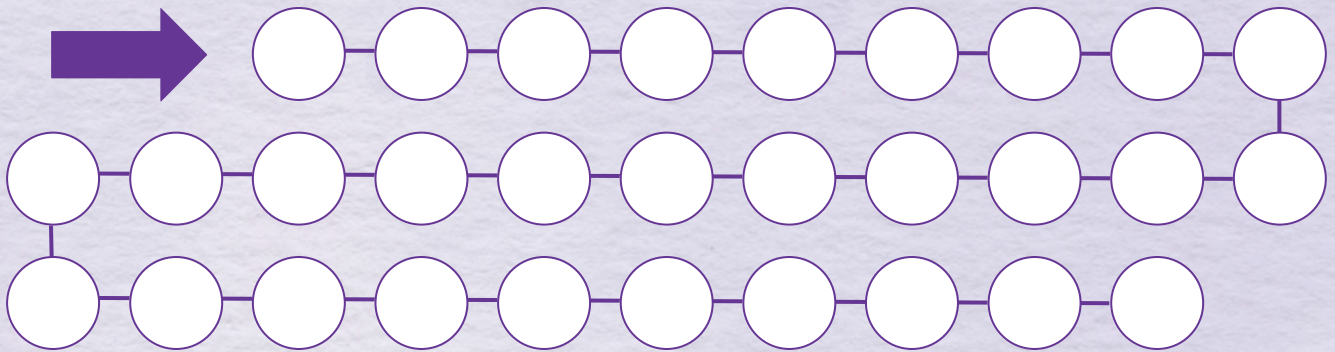
Why is this important for me?

Strengths:

Weaknesses:

Reward:

Let's do this!



How did it go?

What did I learn?

Rate this challenge

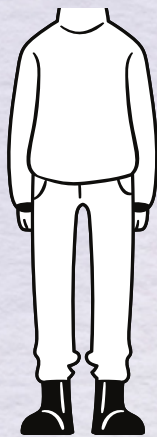


WEEKLY FULL BODY CHECK IN

DATE _____

HOW DOES YOUR BODY FEEL TODAY?

MARK IF YOU FEEL ANY PAIN



FRONT



BACK

HOW DOES YOUR BODY MAKE YOU FEEL?



THINGS I LIKE ABOUT MY BODY

WHAT CAN YOU DO TO MAKE YOUR BODY HEALTHIER?

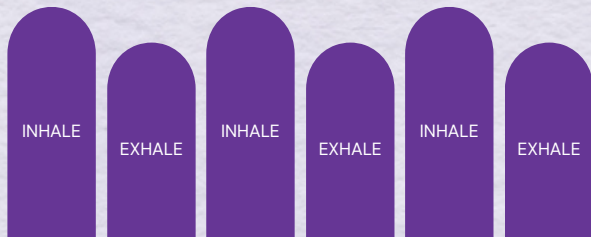
WHAT FOOD IS GOOD FOR YOUR BODY?

HOW DOES YOUR BODY FEEL TODAY?



5 Minute Gratitude Journal

Breath before writing



3 best thing about today

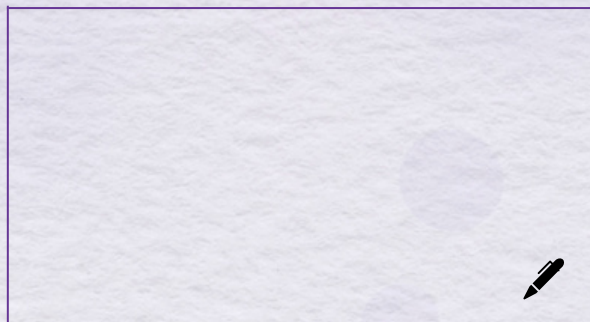
* _____
* _____
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Things you're grateful today

* _____
* _____
* _____
* _____
* _____



Describe today in a drawing

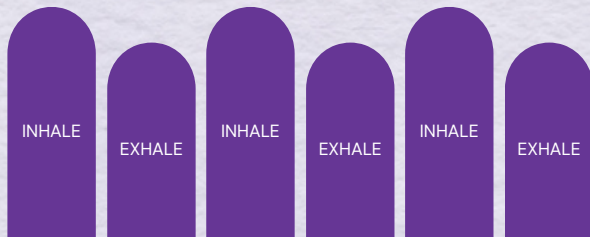


Things that you learned

Today's Affirmation

5 Minute Gratitude Journal

Breath before writing



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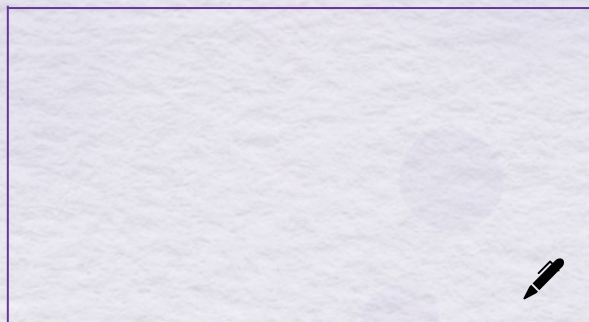
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Things you're grateful today

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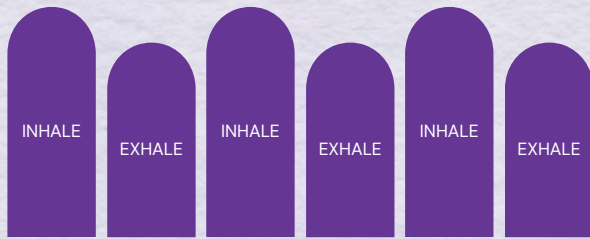


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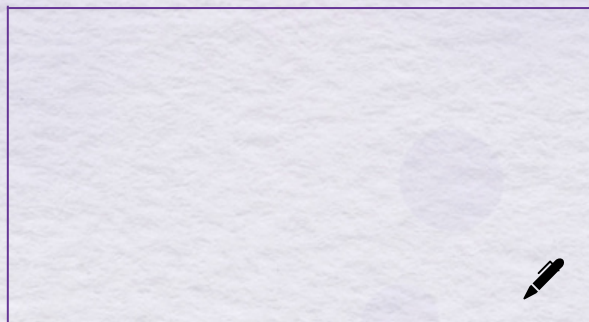
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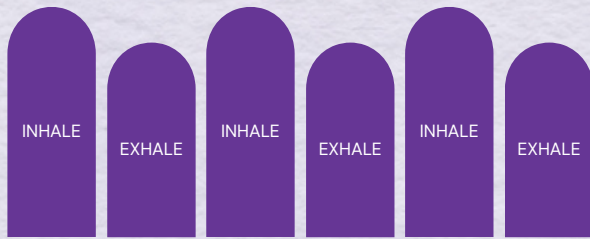


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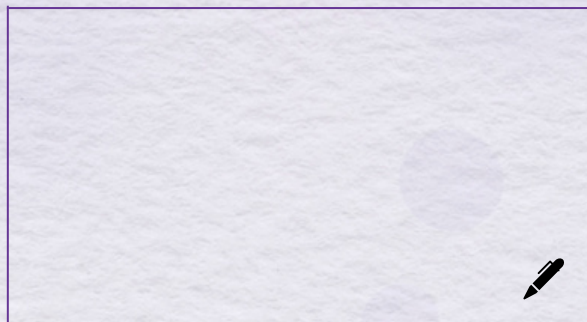
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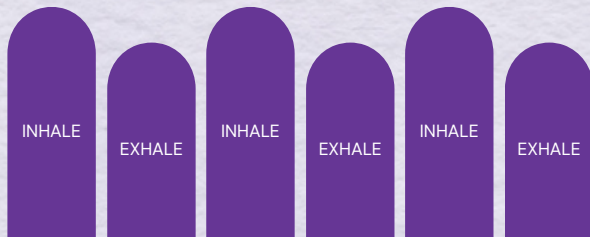


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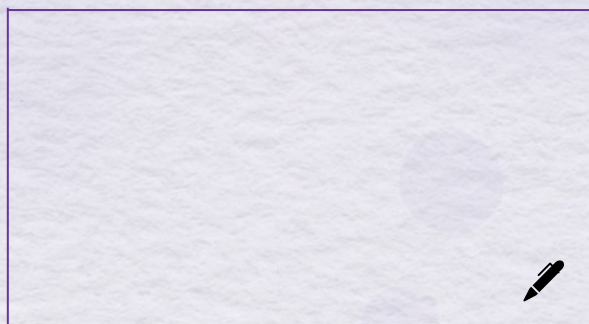
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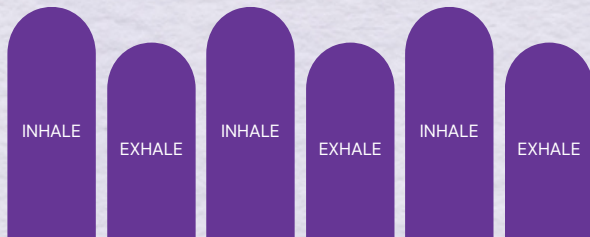


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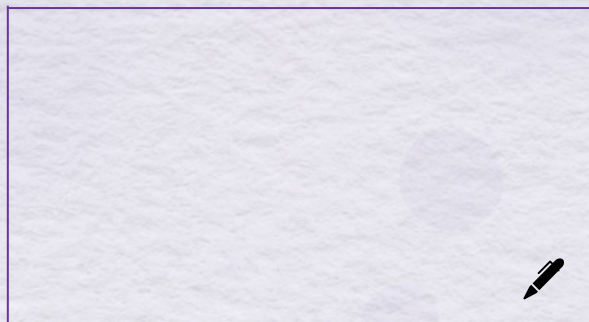
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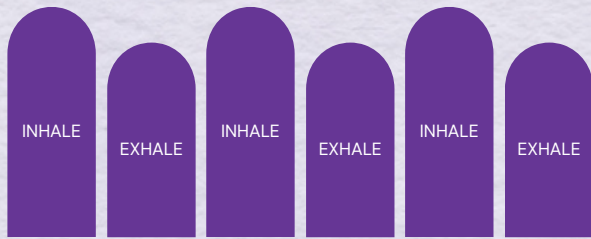


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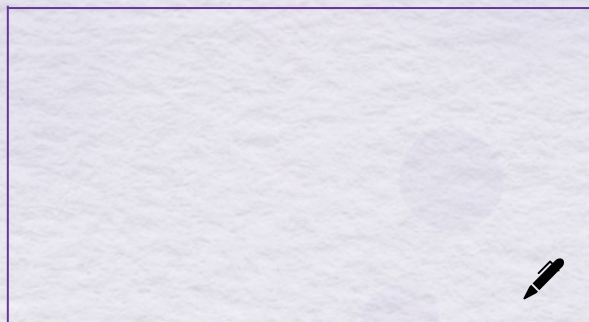
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Describe today in a drawing



Things that you learned

Today's Affirmation



HOSPITALITY ACADEMY

