



HOSPITALITY  
ACADEMY

MY GRATITUDE  
**journal**  
BY HOSPITALITY ACADEMY



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



**This journal belongs to:**

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# OCTOBER GRATITUDES

"The more grateful for I am,  
the more beauty I see."

# Journal prompts about yourself

**1) WHAT ARE THE OUTWARD SIGNS YOU DISPLAY WHEN FEELING OVERWHELMED?**

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**2) WHEN DO YOU FEEL THE MOST CREATIVE?**

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**3) WHAT DO YOU DO WHEN YOU FEEL UNAPPRECIATED?**

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**4) WHEN DO YOU FEEL THE MOST PRODUCTIVE?**

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**5) WHAT MAKES YOU FEEL THE MOST AT HOME?**

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**6) WHAT IS YOUR WORST HABIT?**

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**7) WHAT IS YOUR BEST ATTRIBUTE?**

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**8) WHAT IS YOUR FONDEST MEMORY?**

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**9) WHAT IS YOUR WORST MEMORY?**

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# 30-Day Challenge

My new habit is:

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Why is this important for me?

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Strengths:

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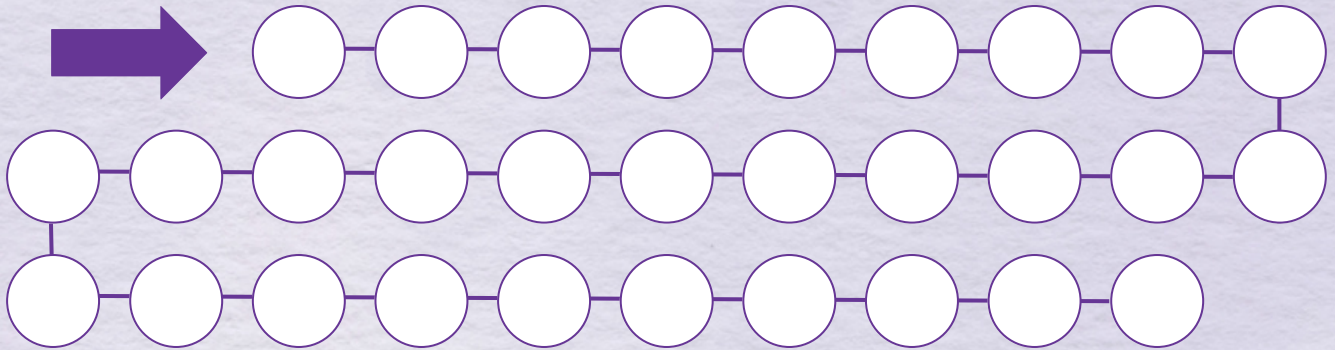
Weaknesses:

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Reward:

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## Let's do this!



How did it go?

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What did I learn?

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Rate this challenge



# WEEKLY FULL BODY CHECK IN

**DATE**

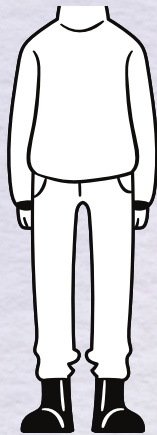
**HOW DOES YOUR BODY FEEL TODAY?**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**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?**

\_\_\_\_\_

\_\_\_\_\_

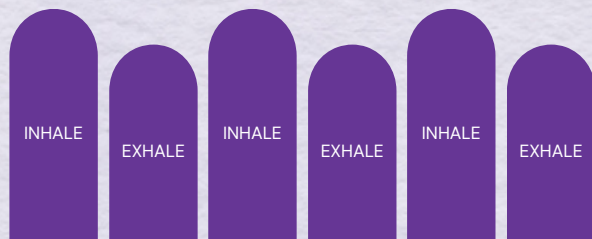
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**HOW DOES YOUR BODY FEEL TODAY?**



# 5 Minute Gratitude Journal

## Breathe before writing



## 3 best things about today

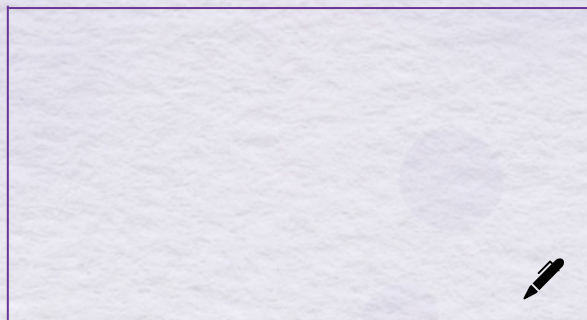
\* \_\_\_\_\_  
\* \_\_\_\_\_  
\* \_\_\_\_\_

## Things you're grateful for

\* \_\_\_\_\_  
\* \_\_\_\_\_  
\* \_\_\_\_\_  
\* \_\_\_\_\_  
\* \_\_\_\_\_



## Describe today in a drawing



## Things that you learned

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

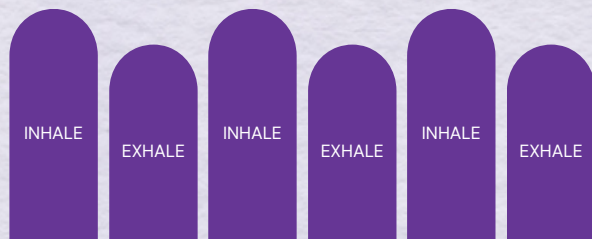
## Today's Affirmation

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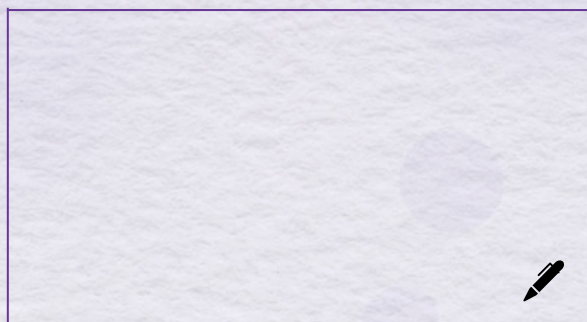
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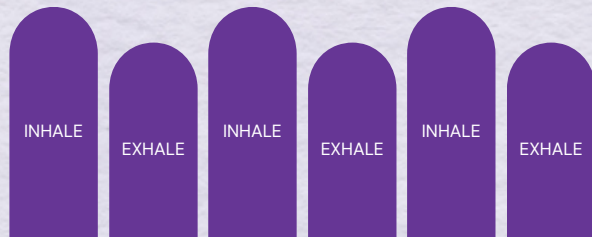
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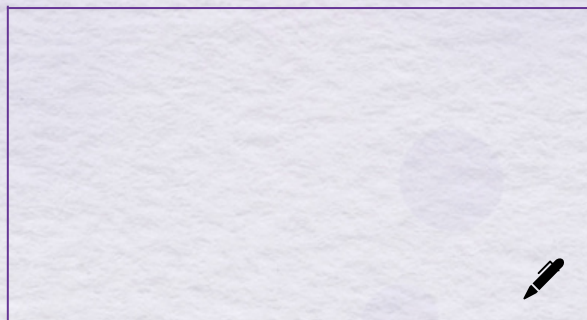
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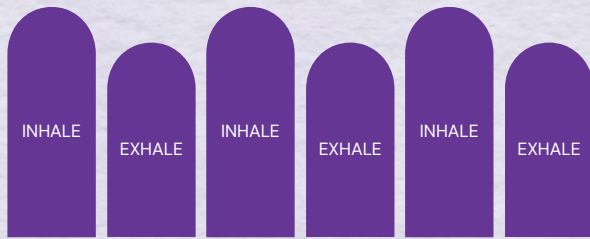
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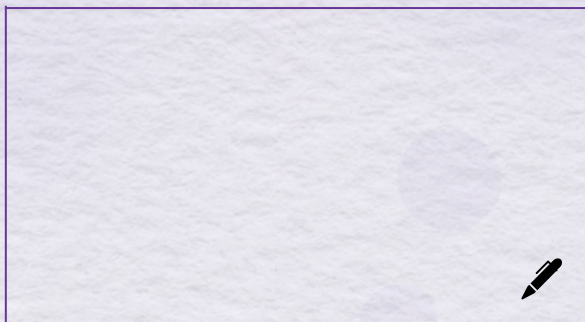
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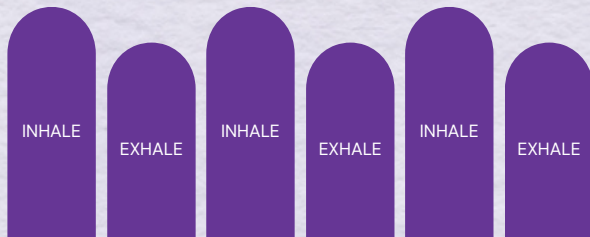
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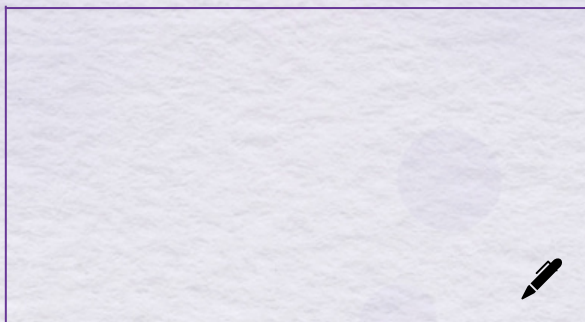
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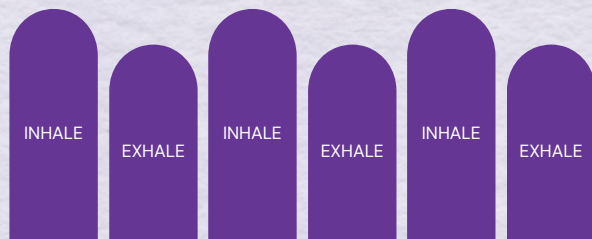
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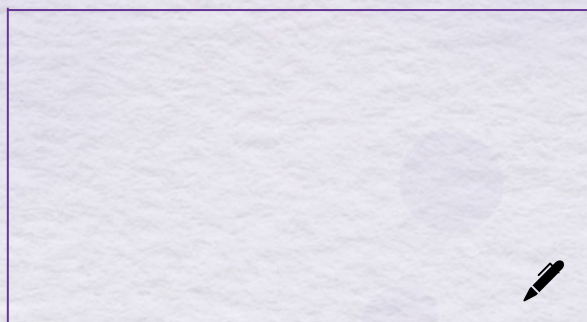
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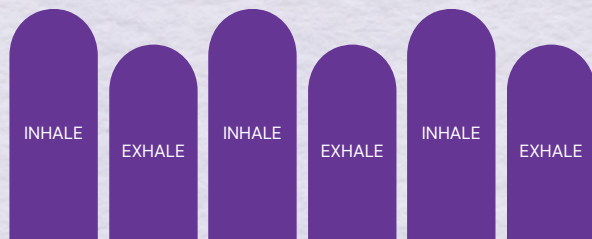
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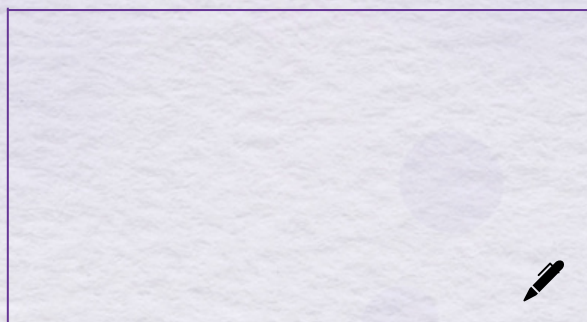
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# HOSPITALITY ACADEMY

