

My Flourishing Journal

Three things I am thankful for today are:

- 1.
- 2.
- 3.

I saw God at work today when... ..

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I showed kindness today when... ..

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I experienced God's love today when... ..

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Something that filled me with wonder today was... ..

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I experienced joy today when... ..

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Something that made me laugh today was... ..

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Something that gave me hope today was... ..

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A worry or concern I have that I put into God's hands today is...

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Something interesting I did or learnt today was...

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Three things that went well today were:

- 1.
- 2.
- 3.