**Inside Health Weight Loss Program**

Gratitude Journal

Where attention goes, energy flows. We want your mind to get on board this weight loss train with ease, and there’s no better way to do that then to really start focusing on what’s going right in your life! Every day, pick 3 things you are grateful for (and these don’t have to be big things!). Even running water or sunshine can be written down! We highly recommend you do this through the whole weight loss program.

Date:

3 Things I am grateful for:

1.

2.

3.

Date:

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1.

2.

3.

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