CAREGIVER JOURNAL

DATE		
Choose one or more of the following to write about for five minutes.		
Today, I am grateful for		
Today, I accomplished these tasks(large and small)		
Write about a problem you are struggling with in the third person		

CAREGIVER JOURNAL

DAIL	
Choose one or more of the following to write about for five minutes.	
Write a Bible verse that encourages you and how it encourages you	
Read Psalm 77, then cry out to God about your current struggles.	
Write about a way you saw God provide for you this week	

GRATITUDE JOURNAL

DATE	I AM GRATEFUL FOR
ADDI:	TIONAL THOUGHTS
ABBI	TIONAL TITOGOTTO

Oh give thanks to the Lord, for he is good, for his steadfast love endures forever!

Psalm 107:1