

CONTENT MENT

A Gratitude Journal for Men
(Print Kit)














Build a new healthy habit in 90 days

Bradley Vinson

VC
PUBLISHING

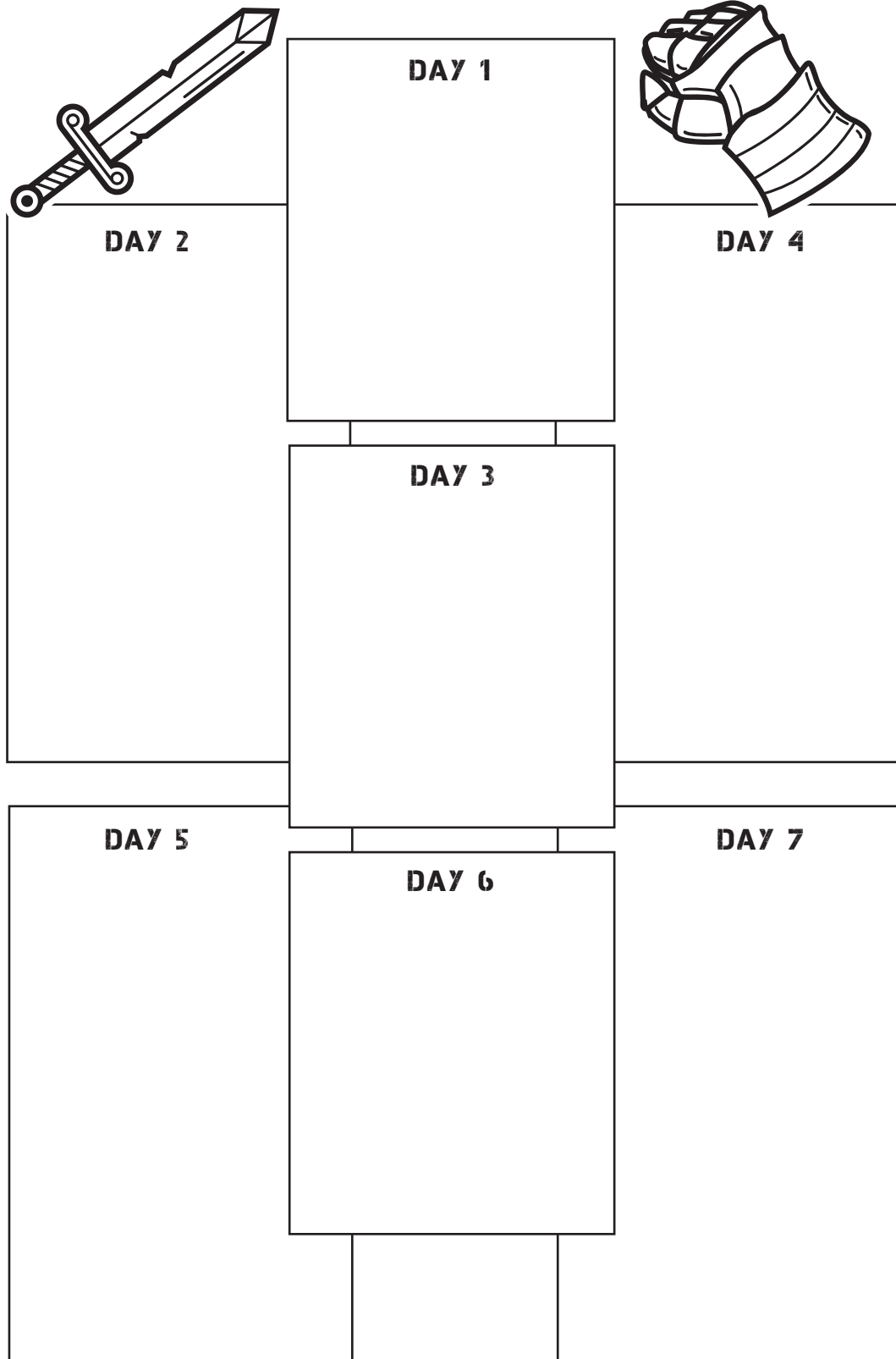
MAKE GRATITUDE A HABIT

Use the chart below to track your first 90 days of creating or supporting your habit of gratitude

WK01	1	2	3	4	5	6	7	
WK02	8	9	10	11	12	13	14	
WK03	15	16	17	18	19	20	21	
WK04	22	23	24	25	26	27	28	
WK05	29	30	31	32	33	34	35	
WK06	36	37	38	39	40	41	42	
WK07	43	44	45	46	47	48	49	
WK08	50	51	52	53	54	55	56	
WK09	57	58	59	60	61	62	63	
WK10	64	65	66	67	68	69	70	
WK11	71	72	73	74	75	76	77	
WK12	78	79	80	81	82	83	84	
WK13	85	86	87	88	89	90		

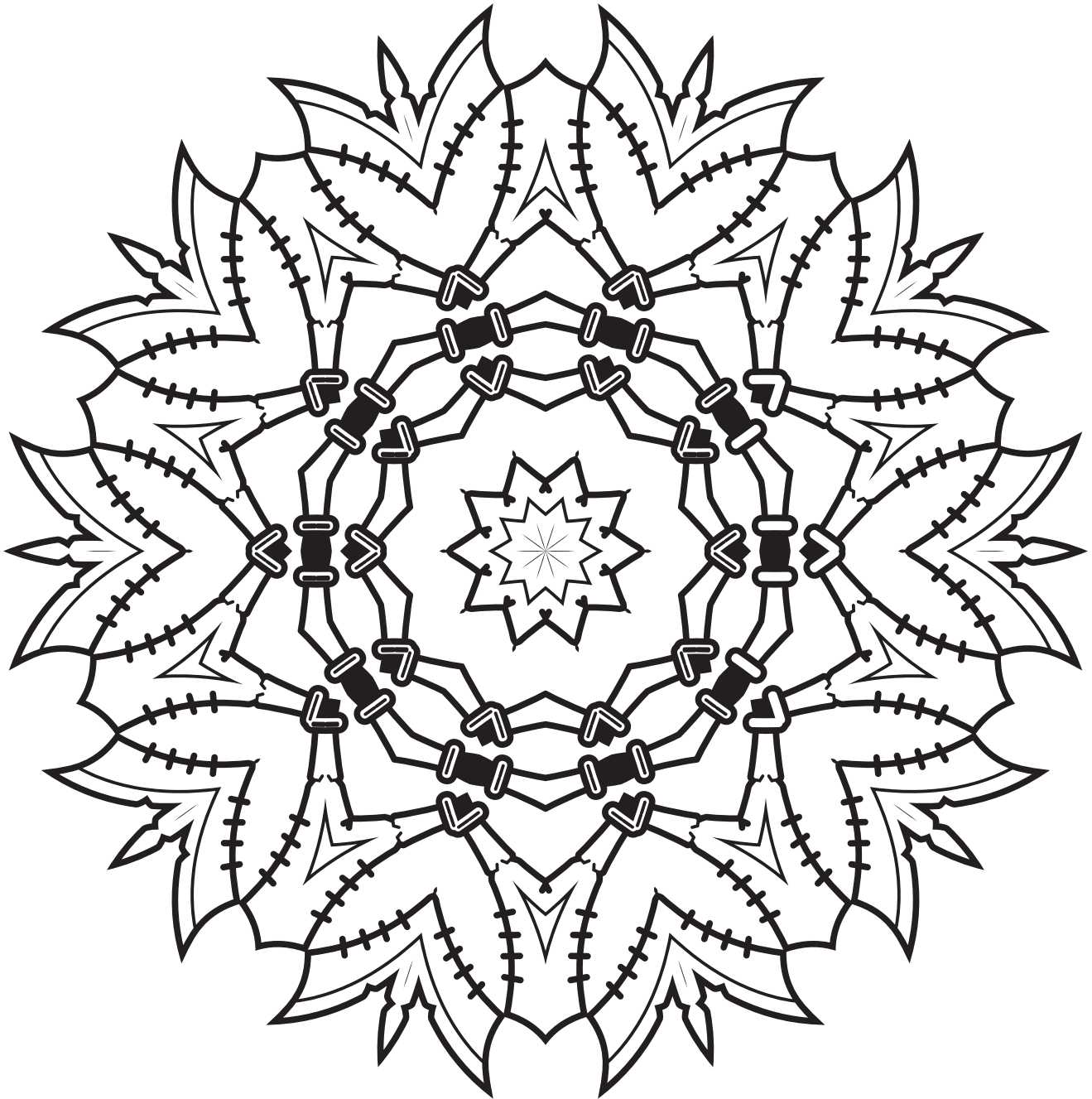
WEEK 1 REVIEW

THERE IS SOMETHING GOOD IN EVERY DAY.
WHAT HAVE YOU CONQUERED SO FAR?



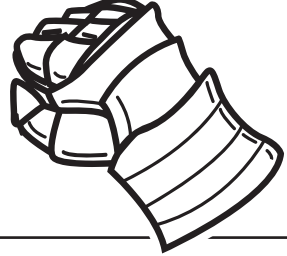
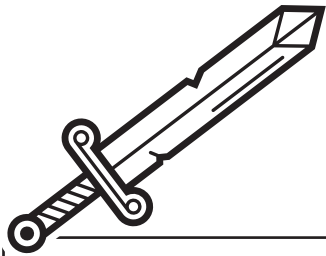
The form consists of seven rectangular boxes arranged in a grid. The boxes are labeled DAY 1 through DAY 7. DAY 1 is at the top center. DAY 2 is to the left of DAY 1, and DAY 4 is to the right of DAY 1. DAY 3 is centered below DAY 1. DAY 5 is to the left of DAY 3, and DAY 7 is to the right of DAY 3. DAY 6 is centered below DAY 3. A sword icon is positioned above the top-left corner of the DAY 2 box. A fist icon is positioned above the top-right corner of the DAY 4 box.

	DAY 1	
DAY 2		DAY 4
	DAY 3	
DAY 5	DAY 6	DAY 7

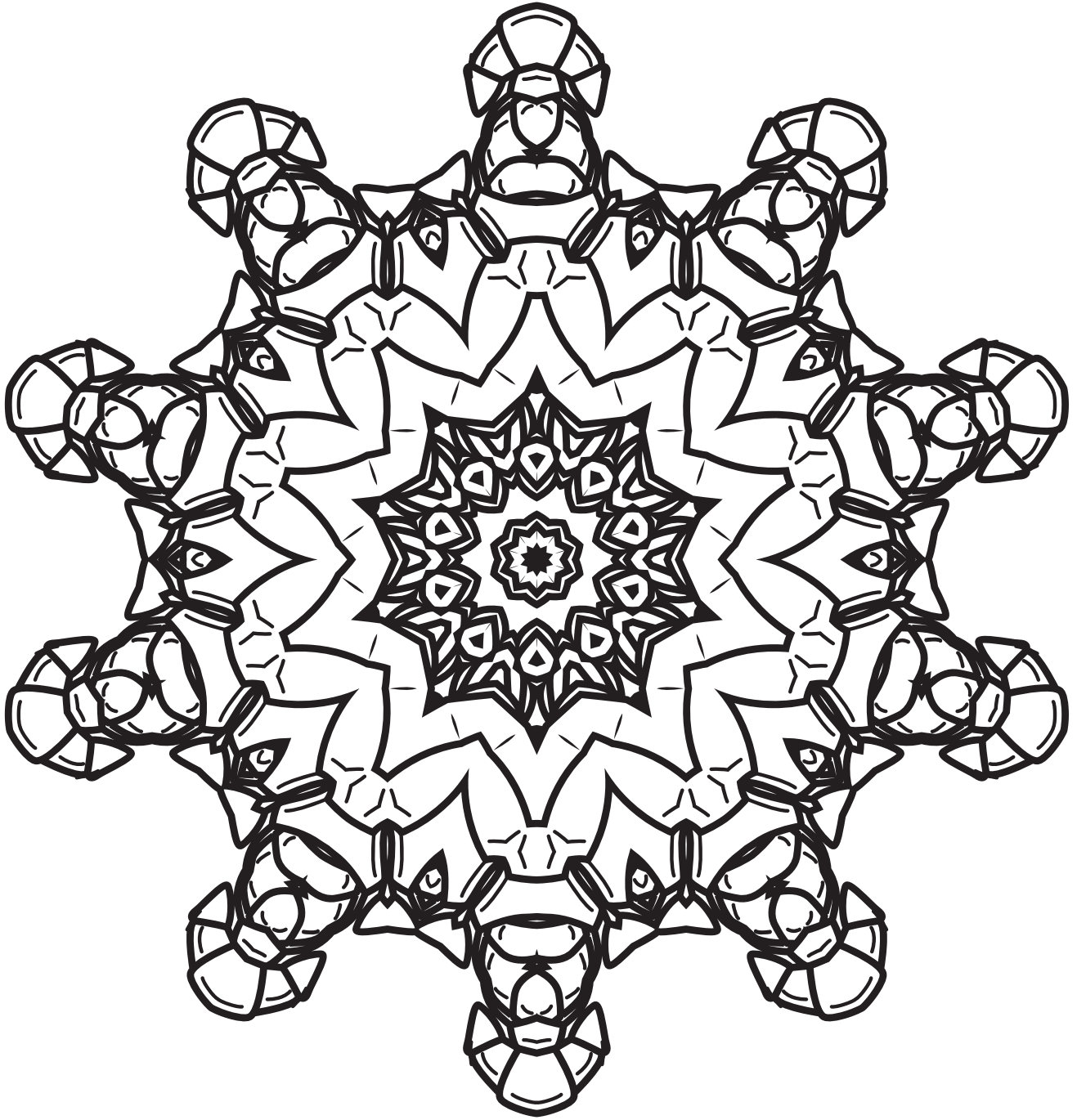


WEEK 2 REVIEW

THERE IS SOMETHING GOOD IN EVERY DAY.
WHAT HAVE YOU CONQUERED SO FAR?

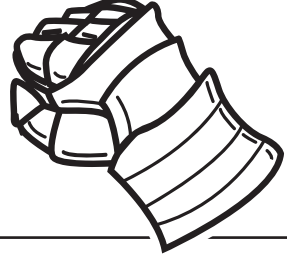
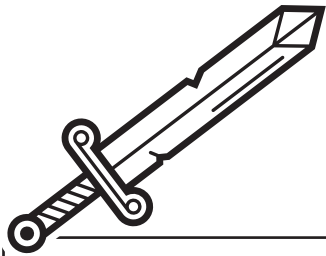


	DAY 8	
DAY 9		DAY 11
	DAY 10	
DAY 12	DAY 13	DAY 14

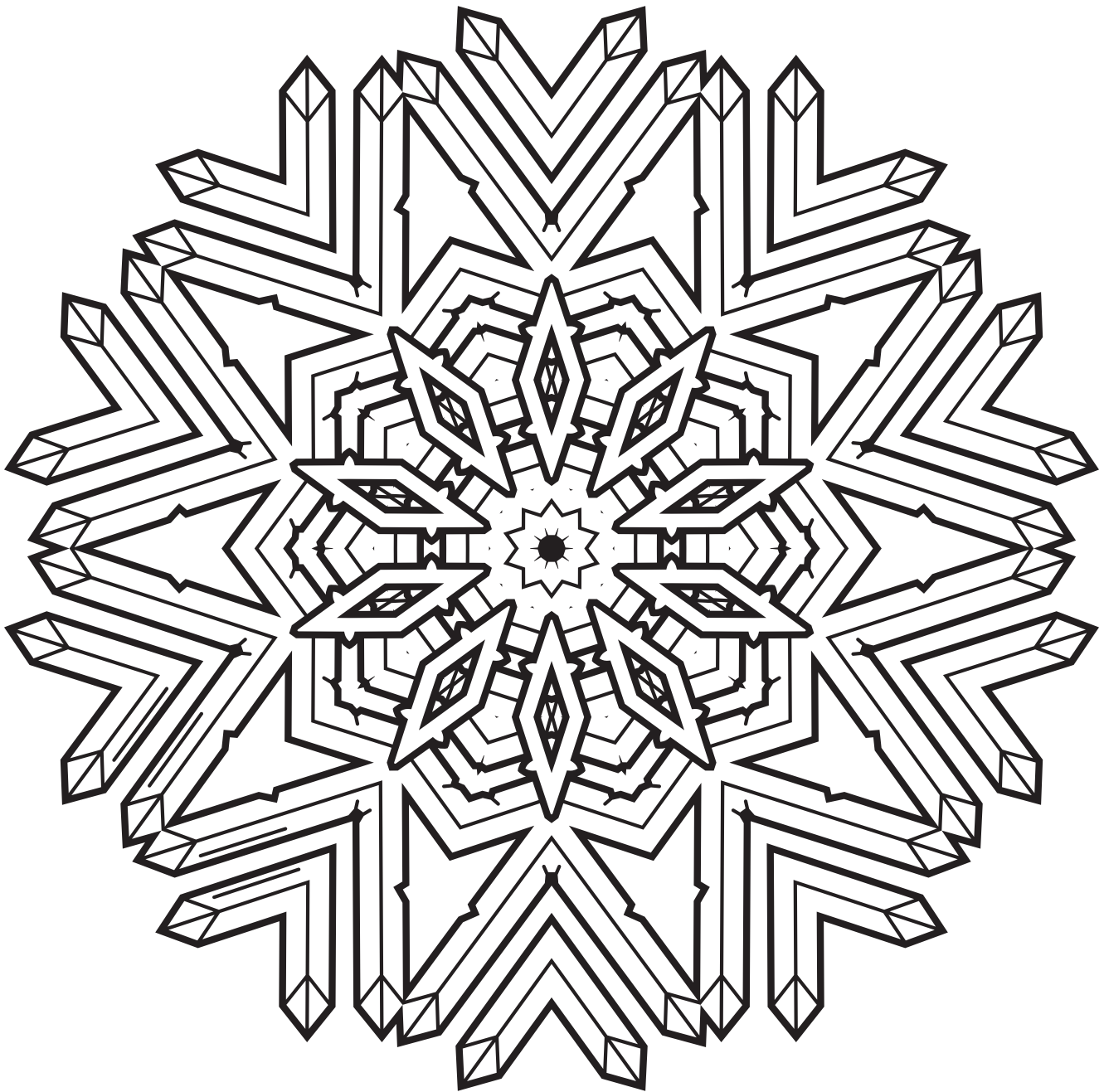


WEEK 3 REVIEW

THERE IS SOMETHING GOOD IN EVERY DAY.
WHAT HAVE YOU CONQUERED SO FAR?

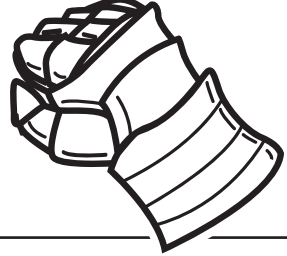
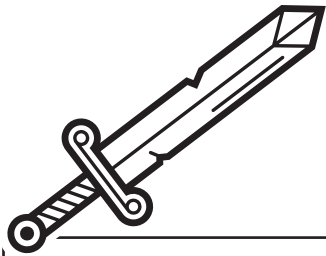


	DAY 15	
DAY 16		DAY 18
	DAY 17	
DAY 19	DAY 20	DAY 21

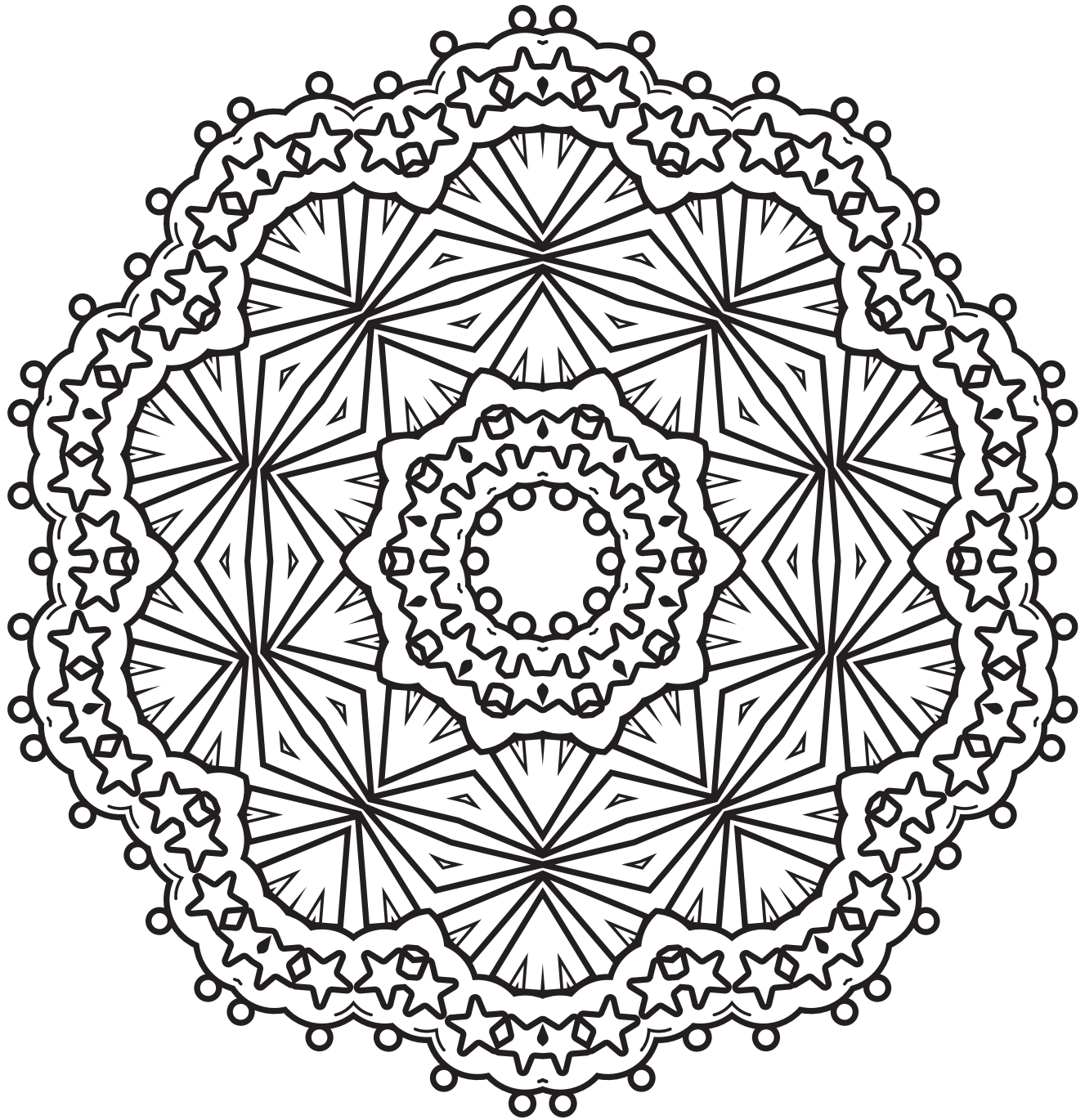


WEEK 4 REVIEW

THERE IS SOMETHING GOOD IN EVERY DAY.
WHAT HAVE YOU CONQUERED SO FAR?

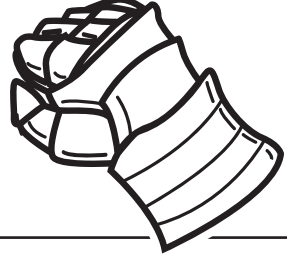
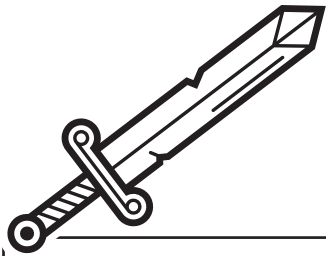


<p>DAY 23</p>	<p>DAY 22</p>	<p>DAY 25</p>
<p>DAY 26</p>	<p>DAY 24</p>	<p>DAY 28</p>
<p>DAY 27</p>		

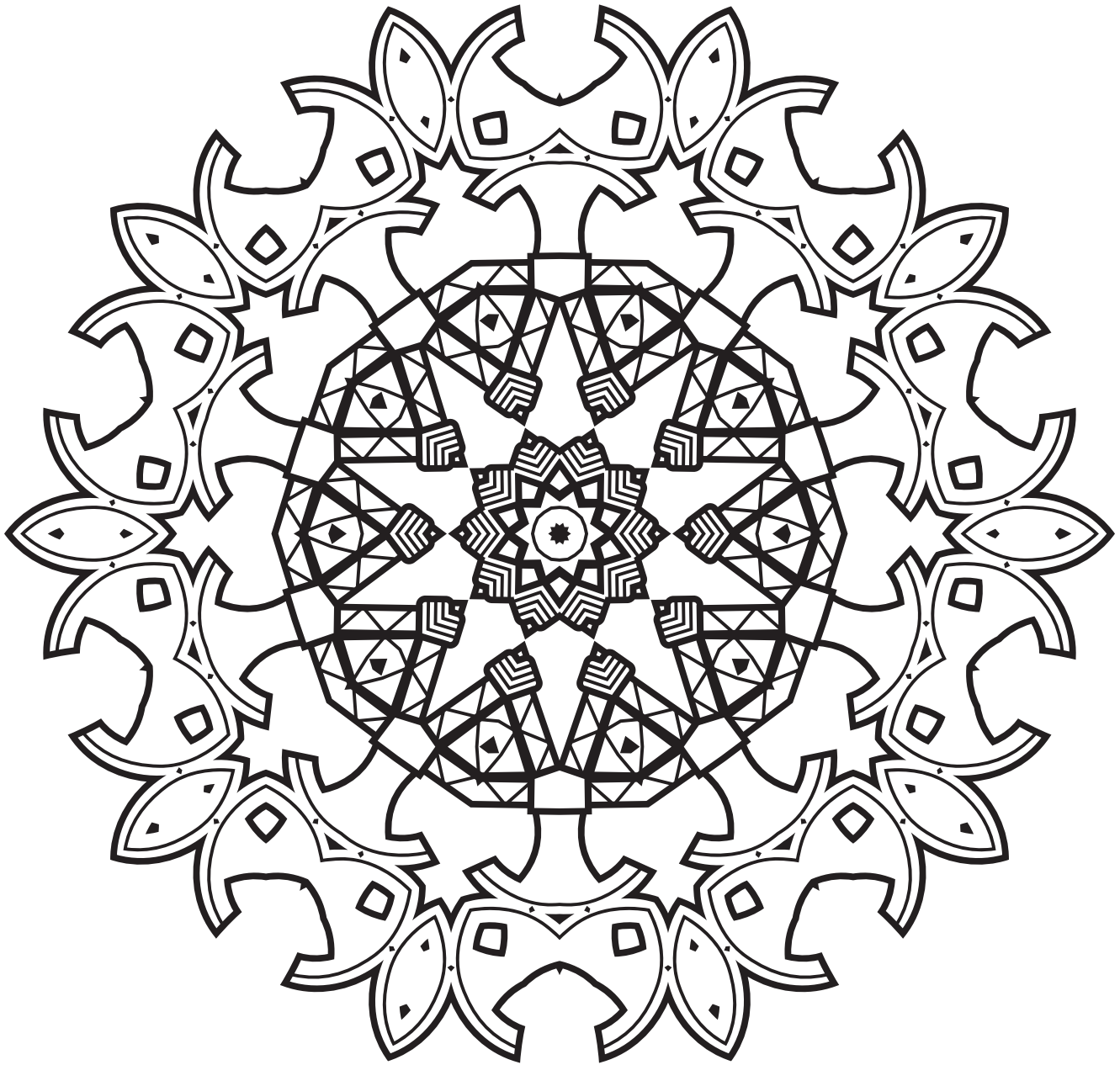


WEEK 5 REVIEW

THERE IS SOMETHING GOOD IN EVERY DAY.
WHAT HAVE YOU CONQUERED SO FAR?



<p>DAY 30</p>	<p>DAY 29</p>	<p>DAY 32</p>
<p>DAY 33</p>	<p>DAY 31</p>	<p>DAY 35</p>
<p>DAY 34</p>		

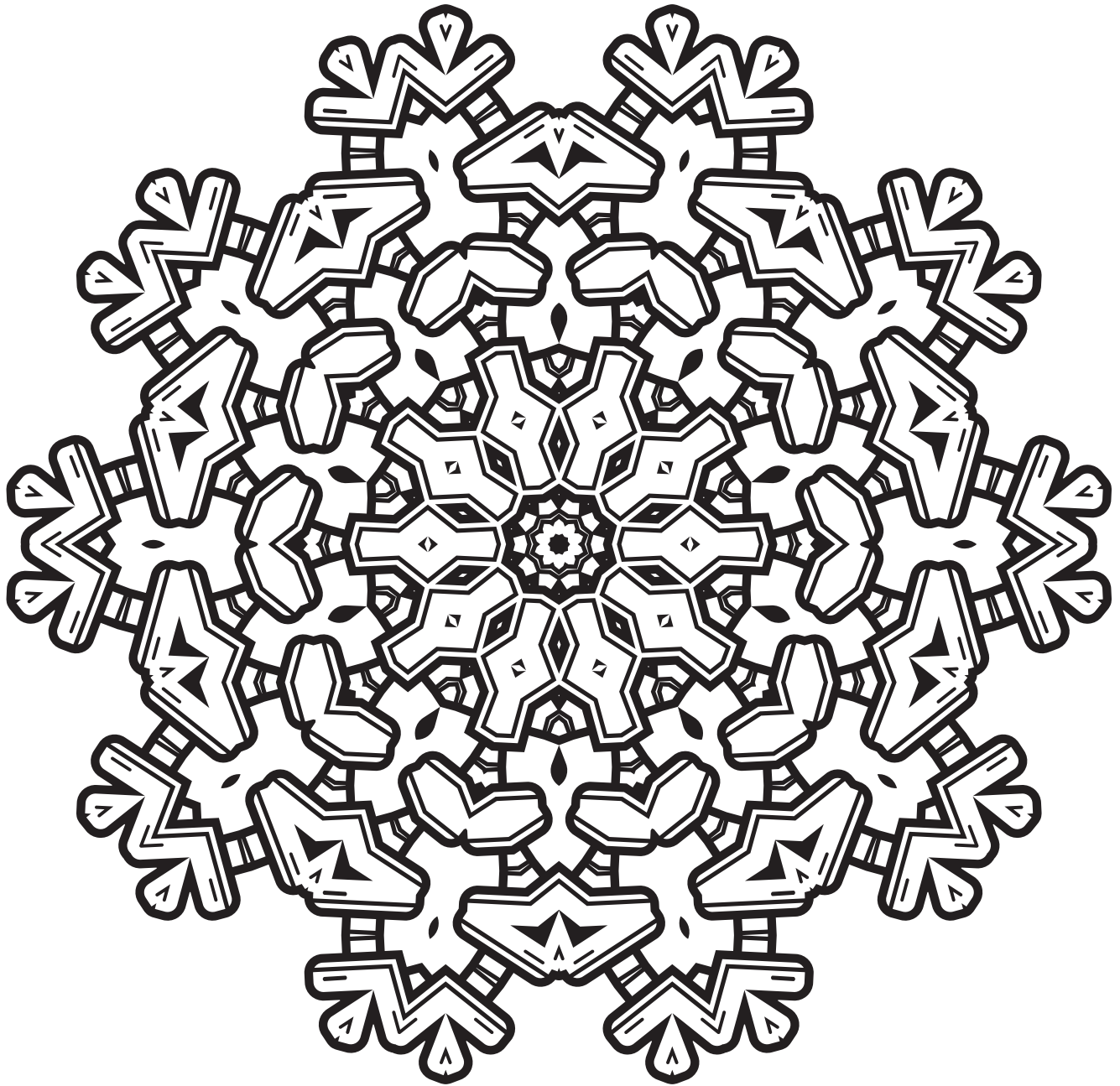


WEEK 6 REVIEW

THERE IS SOMETHING GOOD IN EVERY DAY.
WHAT HAVE YOU CONQUERED SO FAR?

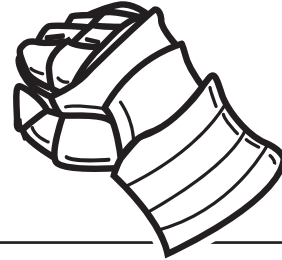
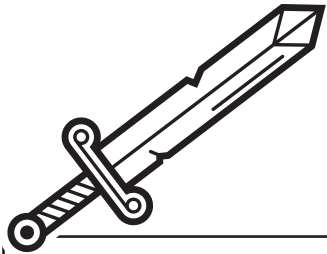
The form consists of a grid of boxes for daily reflections. At the top left is an icon of a sword, and at the top right is an icon of a clenched fist. The grid is organized as follows:

	DAY 36	
DAY 37		DAY 39
	DAY 38	
DAY 40	DAY 41	DAY 42



WEEK 7 REVIEW

THERE IS SOMETHING GOOD IN EVERY DAY.
WHAT HAVE YOU CONQUERED SO FAR?



DAY 43

DAY 44

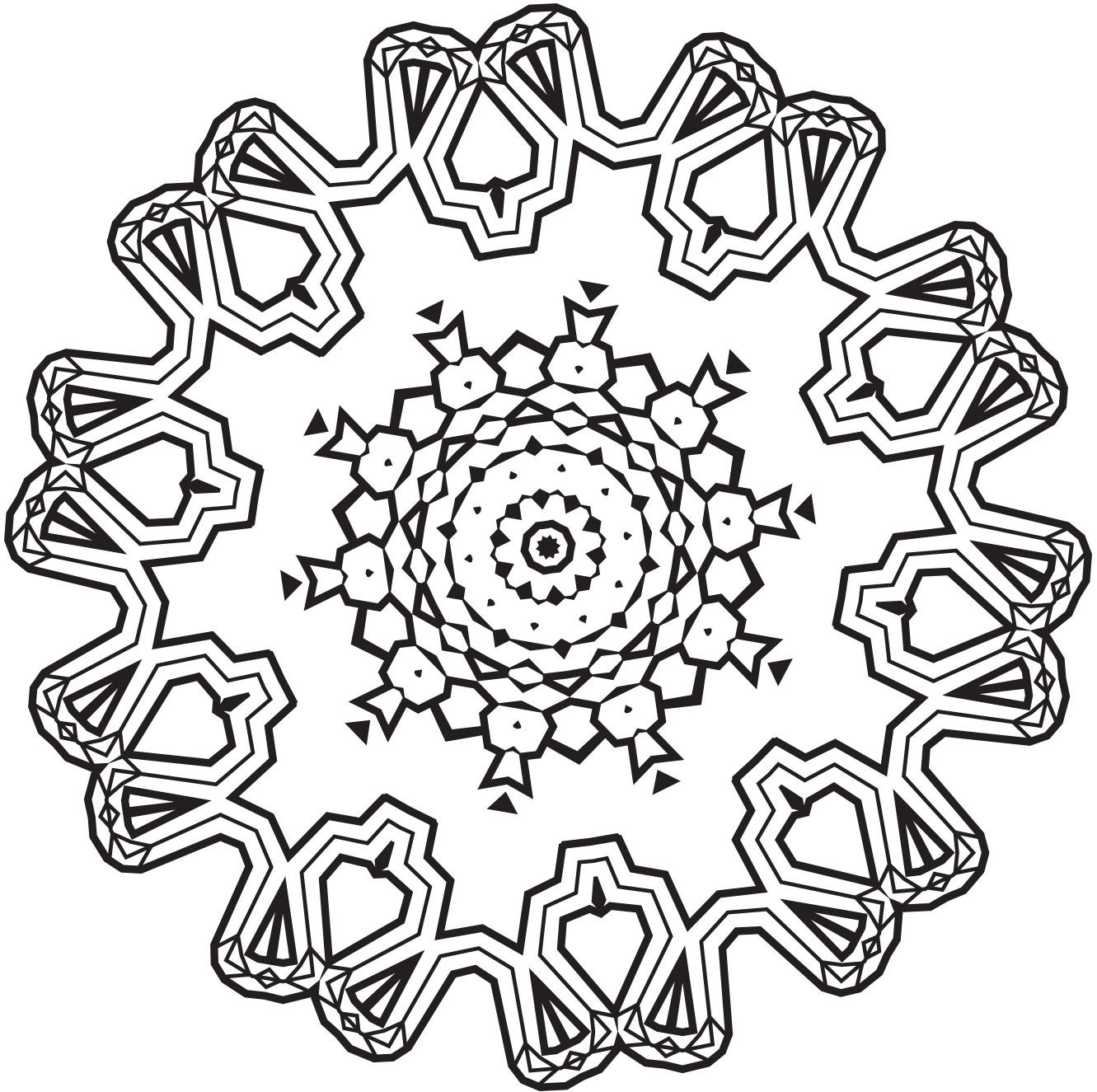
DAY 46

DAY 45

DAY 47

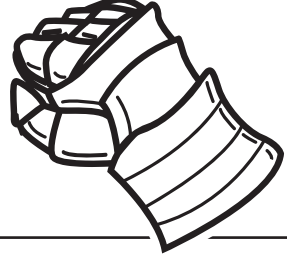
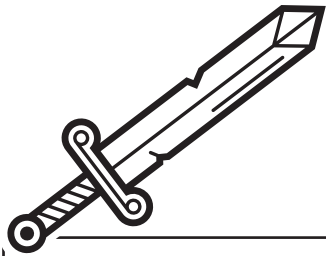
DAY 49

DAY 48

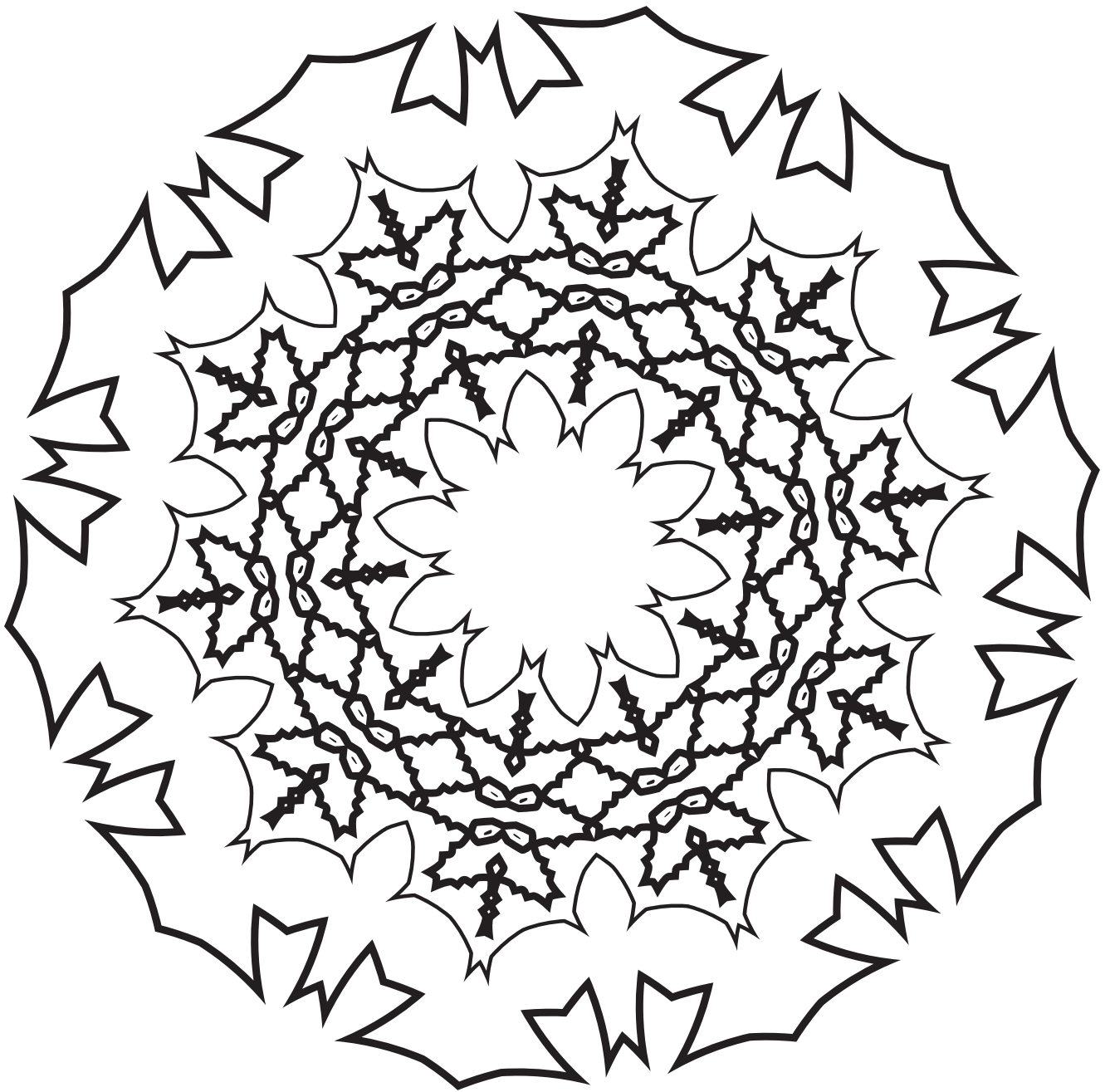


WEEK 8 REVIEW

THERE IS SOMETHING GOOD IN EVERY DAY.
WHAT HAVE YOU CONQUERED SO FAR?

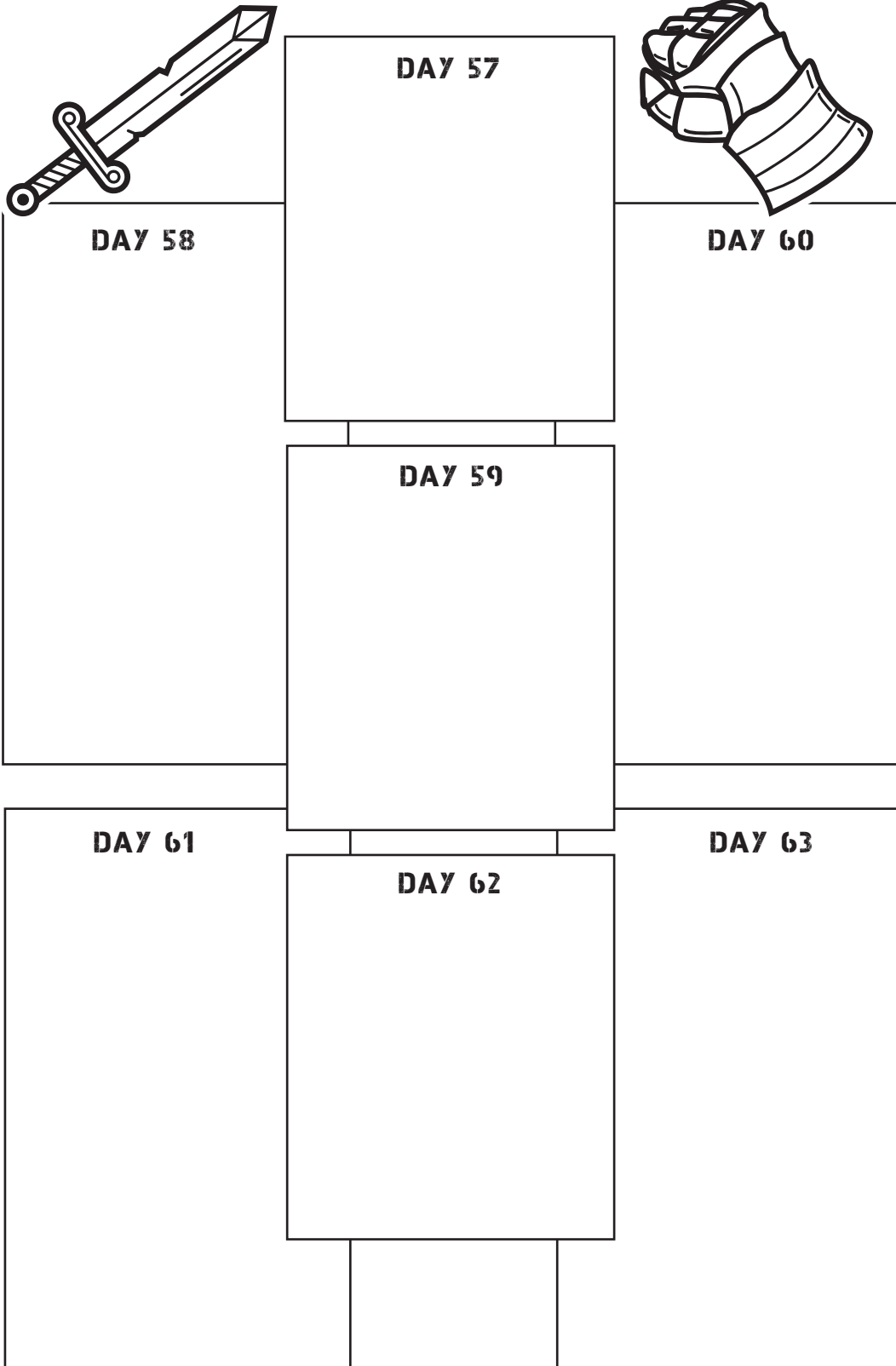


<p>DAY 51</p>	<p>DAY 50</p>	<p>DAY 53</p>
<p>DAY 54</p>	<p>DAY 52</p>	<p>DAY 56</p>
<p>DAY 55</p>		



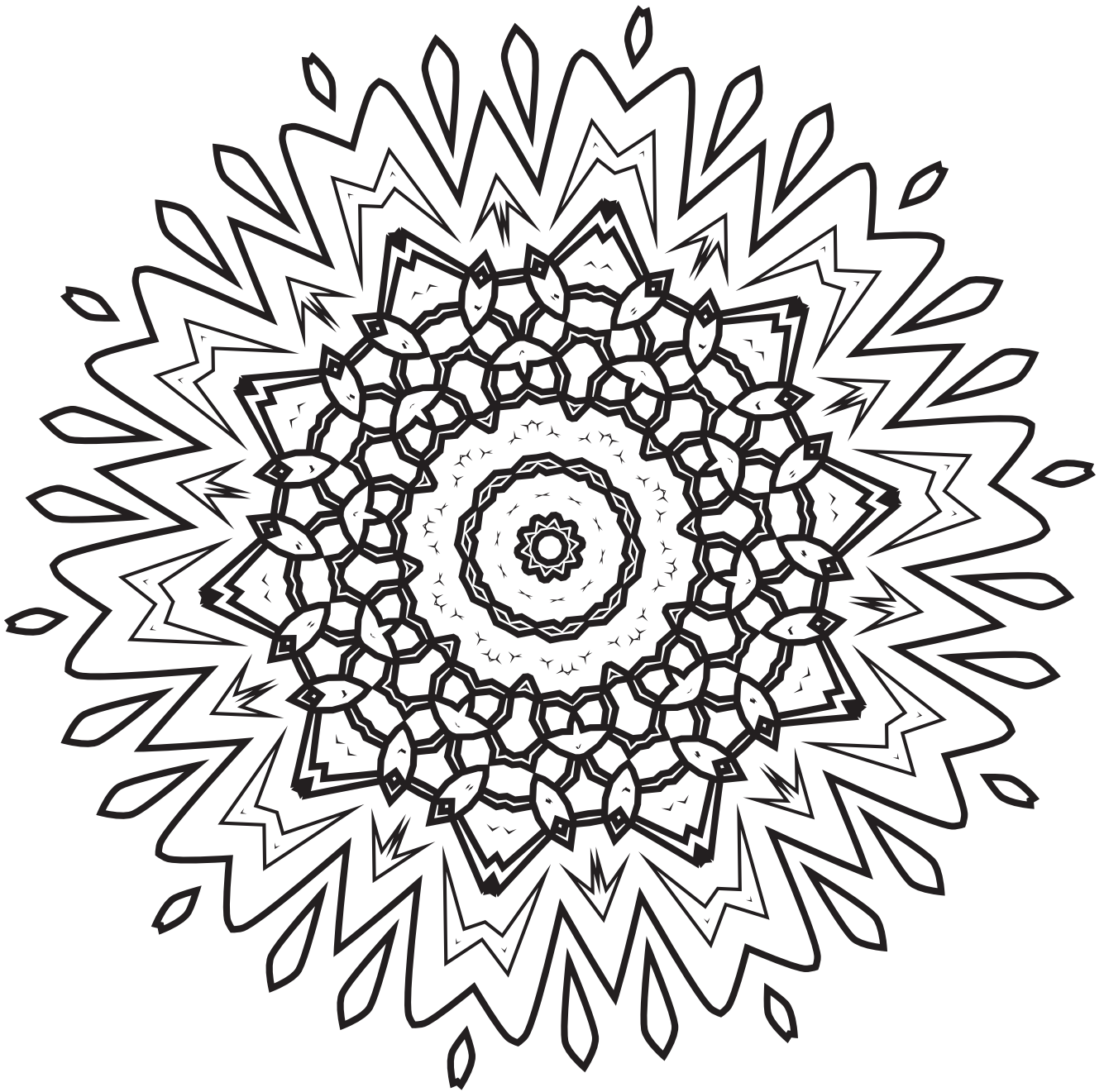
WEEK 9 REVIEW

THERE IS SOMETHING GOOD IN EVERY DAY.
WHAT HAVE YOU CONQUERED SO FAR?



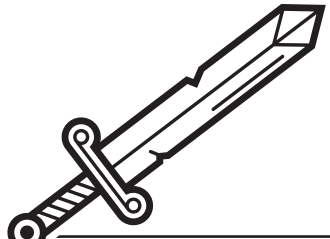

The form consists of a grid of boxes for a week review. On the left side, there is a drawing of a sword. On the right side, there is a drawing of a clenched fist. The grid is organized as follows:

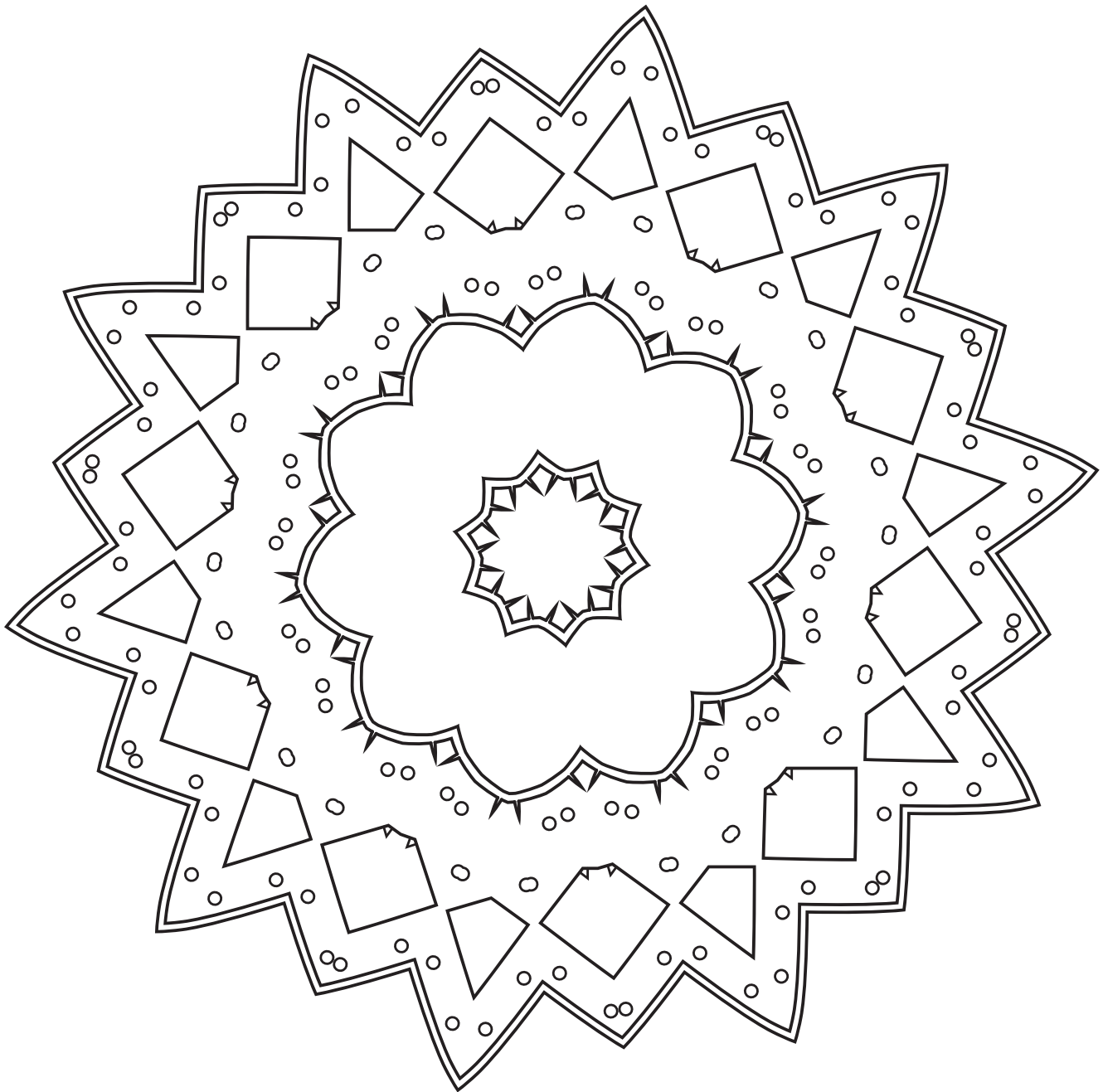
	DAY 57	
DAY 58		DAY 60
	DAY 59	
DAY 61	DAY 62	DAY 63



WEEK 10 REVIEW

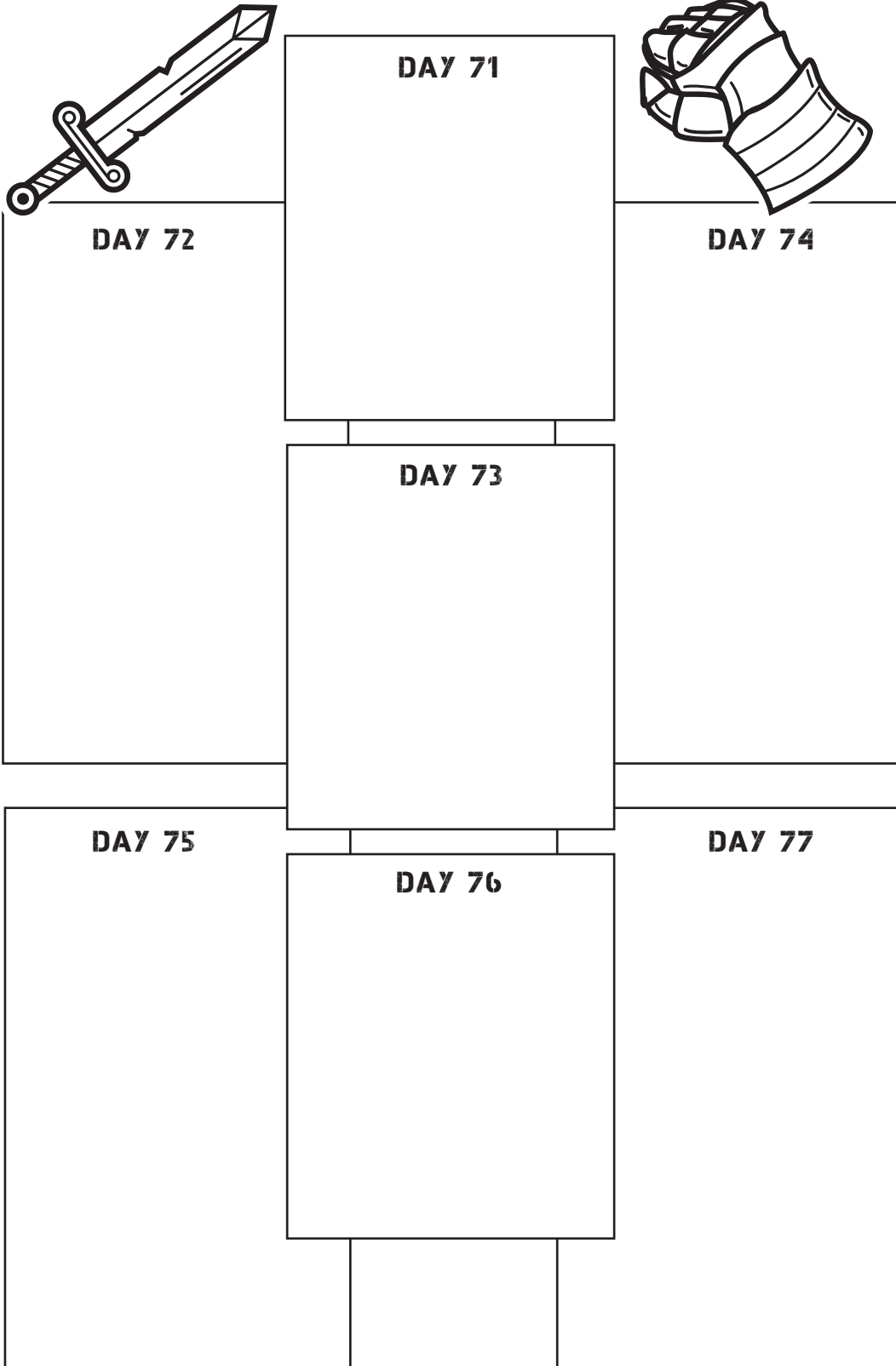
THERE IS SOMETHING GOOD IN EVERY DAY.
WHAT HAVE YOU CONQUERED SO FAR?

	DAY 64	
DAY 65	DAY 67	DAY 66
DAY 68	DAY 69	DAY 70



WEEK 11 REVIEW

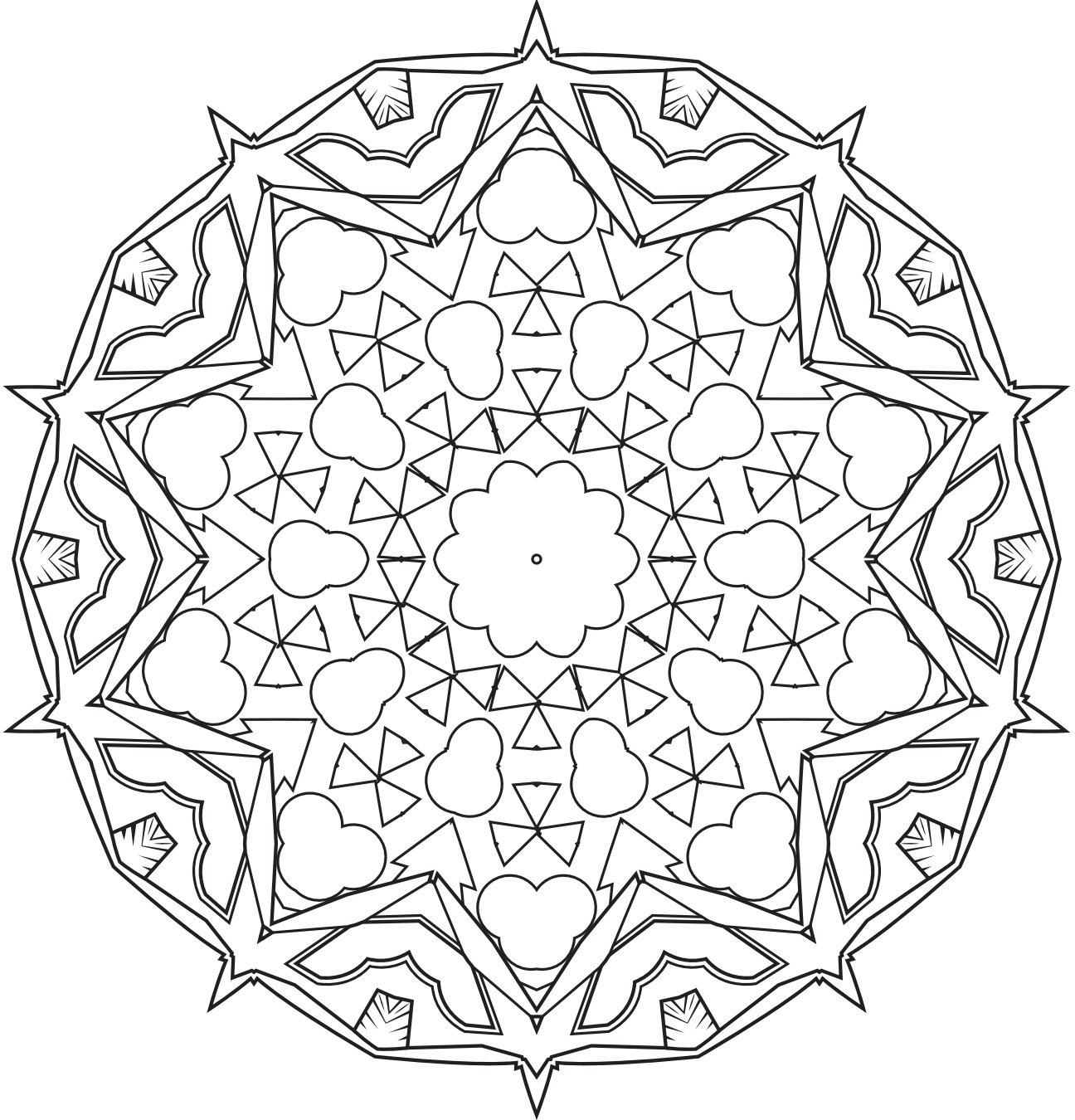
THERE IS SOMETHING GOOD IN EVERY DAY.
WHAT HAVE YOU CONQUERED SO FAR?



The form consists of seven rectangular boxes arranged in a grid. The boxes are labeled as follows:

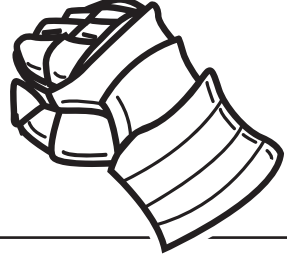
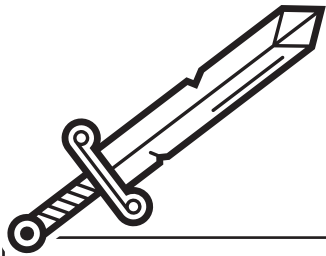
- DAY 71**: Located in the top row, middle column.
- DAY 72**: Located in the second row, left column.
- DAY 73**: Located in the second row, middle column.
- DAY 74**: Located in the second row, right column.
- DAY 75**: Located in the third row, left column.
- DAY 76**: Located in the third row, middle column.
- DAY 77**: Located in the third row, right column.

Decorative elements include a sword icon in the top-left corner and a fist icon in the top-right corner.

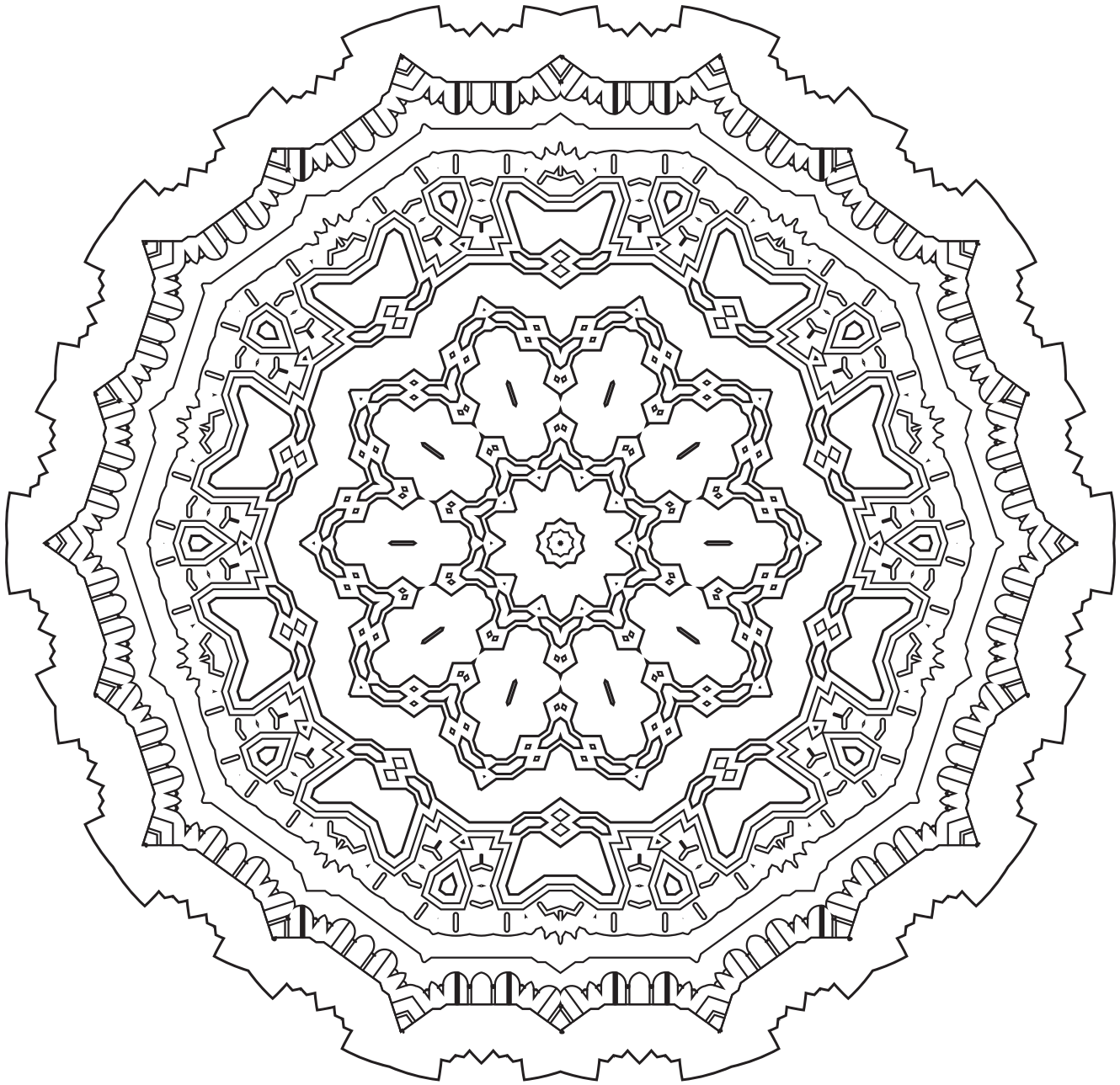


WEEK 12 REVIEW

THERE IS SOMETHING GOOD IN EVERY DAY.
WHAT HAVE YOU CONQUERED SO FAR?

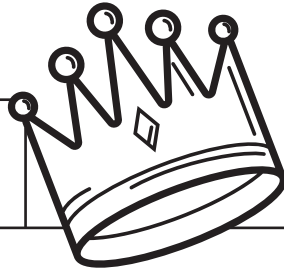


<p>DAY 79</p>	<p>DAY 78</p>	<p>DAY 80</p>
<p>DAY 82</p>	<p>DAY 81</p>	<p>DAY 84</p>
<p>DAY 83</p>		



90 DAYS IN REVIEW

THREE IMPORTANT THINGS THAT HAPPENED OVER THE LAST 90
DAYS



Three large, empty rectangular boxes arranged in a row, intended for writing the three most important things that happened over the last 90 days.

THE THING I AM MOST GRATEFUL FOR
IN THE PAST 90 DAYS



A large, empty rectangular box intended for writing the thing the user is most grateful for in the past 90 days.