

Gratitude Journal

Morning gratitude

Before you begin your day, list 10 things you're grateful for.

1.	
2.	
3.	
4.	
5.	
6.	
7.	
8.	
9.	
10.	

What I'm learning from my challenges

List three obstacles and what you're learning from them.

1.	
	What I'm learning:

2.

What I'm learning:

3.

What I'm learning:

People I'm grateful for

List 5 people who made your life a little happier today. These could be friends, family or strangers!

1.	
2.	
3.	
4.	
5.	

The best part of my day

Choose one moment of your day that made you happy and focus on it for 5 minutes before bed.