

Gratitude Journal

morning gratitude

before you begin your day,
list 10 things you're grateful for:

people i'm grateful for

list 5 people who made your life a
little happier today. these could be
friends, family or strangers:

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.

what i'm learning from my challenges

list three obstacles and what you're
learning from them: