

Gratitude Journal

MORNING GRATITUDE PRAYER

Before you begin your day, list 10 things you're grateful for (Big or Small).

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

WHAT I'M LEARNING FROM MY CHALLENGES

List 3 challenging situations, people, or other obstacles and list what good things you're learning from this challenge.

1. I'm learning: _____

2. I'm learning: _____

3. I'm learning: _____

PEOPLE I'M THANKFUL FOR

List 5 people who made your life a little happier today. They could be family, friends, or even 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 you go to sleep.

