

# Gratitude Journal



## My Morning Gratitude

Before you begin your morning, list 10 things you are grateful for.

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_
- 4 \_\_\_\_\_
- 5 \_\_\_\_\_
- 6 \_\_\_\_\_
- 7 \_\_\_\_\_
- 8 \_\_\_\_\_
- 9 \_\_\_\_\_
- 10 \_\_\_\_\_

## Lessons I'm Learning

List 3 challenges and what you're learning from them.

- 1 **Challenge:** \_\_\_\_\_  
What I'm Learning: \_\_\_\_\_
- 2 **Challenge:** \_\_\_\_\_  
What I'm Learning: \_\_\_\_\_
- 3 **Challenge:** \_\_\_\_\_  
What I'm Learning: \_\_\_\_\_



## People I'm Thankful For

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

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_
- 4 \_\_\_\_\_
- 5 \_\_\_\_\_



## Best Part of My Day

Choose one moment of your day that made you happy. Write and reflect about it!

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

