

Gratitude Journal

Nightly Gratitude

List 5 things you're grateful for today.

- 1.
- 2.
- 3.
- 4.
- 5.

What I'm Learning from My Challenges

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

Obstacle:

Lesson:

Obstacle:

Lesson:

Obstacle:

Lesson:

People I'm Grateful For

List 5 people who made your day a bit happier.
These can be family, friends, or strangers.

- 1.
- 2.
- 3.
- 4.
- 5.

The Best Part Of My Day

Choose one moment of your day that made you feel happy and focus on it for 2 minutes before bed.
Write about it here.

