



# 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 what good thing 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 friends, family, 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.