

# Gratitude Journal

## Morning gratitude

Before you begin your day, list 10 things you're grateful for.

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

## What I'm learning from my challenges

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

1.	
	What I'm learning:

2.

What I'm learning:

3.

What I'm learning:

### People I'm grateful for

List 5 people who made your life a little happier today. These could be friends, family or 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 bed.