



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 each challenge.

- 1.
- 2.
- 3.

PEOPLE I'M THANKFUL FOR

List 4 people who made your life a little happier today. They could be friends, family, or even strangers.

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

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. List that moment below and then meditate on it.