



GRATITUDE JOURNAL

CELEBRATE GRATITUDE

LIST THREE THINGS YOU'RE GREATFUL FOR

1. _____

2. _____

3. _____

PEOPLE I'M GRATEFUL FOR

LIST THREE PEOPLE THAT MADE YOUR LIFE HAPPIER

1. _____

2. _____

3. _____

THE BEST PART OF MY DAY

LIST THREE MOMENTS OF THE DAY THAT MADE YOU HAPPY

1. _____

2. _____

3. _____

LIFE LESSON

LIST THREE LESSONS YOU'VE LEARNED FROM LIFE CHALLENGES

1. _____

2. _____

3. _____

