



# Gratitude Journal

## Morning Gratitude

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

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

## Challenges

List three obstacles and what you are learning from them.

1.

What I'm learning:

2.

What I'm learning:

3.

What I'm learning:

## People I am grateful for

List 5 people who blessed you today!

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

## "Yay" for my day!

Choose a moment from your day that made you happy! Spend a few minutes before bed thanking God for this "yay" in your day!

