

GRATITUDE LOG

Celebrate gratitude

LIST FIVE THINGS YOU'RE GRATEFUL FOR.

1 _____

2 _____

3 _____

4 _____

5 _____

People I'm grateful for

LIST THREE PEOPLE THAT MADE YOUR LIFE HAPPIER.

1 _____

2 _____

3 _____

Hard lessons I've learned

LIST THREE CHALLENGES AND WHAT YOU'RE LEARNING FROM THEM.

1 _____

What I've learned: _____

2 _____

What I've learned: _____

3 _____

What I've learned: _____

Greatest memories

RECALL AND WRITE YOUR FONDEST MEMORIES
