

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

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____