



Gratitude log

Take the time to self-reflect and to identify what are you grateful for. Be specific and focus on the what makes you happy.

Celebrate gratitude

List 5 things you're grateful for:

1. _____
2. _____
3. _____
4. _____
5. _____

People I'm grateful for

List 3 people that made your life happier:

1. _____
2. _____
3. _____

Greatest memories

Recall and write your greatest memories:

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

Lessons I've learned

List 3 challenges and what you learned from them:

1. _____
2. _____
3. _____

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