

# Gratitude Journal

## MORNING GRATITUDE MEDITATION

At the start of your day, list 10 things you are grateful.

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

## THE HIGHLIGHT OF MY DAY

What moment of your day made you happy?  
Meditate on it for at least 5 minutes as you prepare to go to sleep.

## LIFE'S CHALLENGES

List 3 challenging people, situations, barriers or other obstacles AND what good thing(s) you are learning from this challenge.

1.  
I'm learning:

2.  
I'm learning:

3.  
I'm learning:

## PEOPLE I'M THANKFUL FOR

List 4 people who improved your life today (living or deceased). These could be random strangers, friends, family or pets.

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

## MY FUTURE

What are you grateful for in your near future that you have not yet attained but desire?