

10 MINUTES TO RECOGNIZE THE GOOD STUFF

_____ Date:

Things, people, and places you adore:

One thing you've worked hard to achieve:

One thing that's going well right now:

Two subjects or pursuits you're passionate about:

Two people you can count on for warm hugs and kind words:

Three things to look forward to:

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◆ gratitude journal ◆

morning gratitude

before you begin your day, list 10 things you're grateful for

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

what I'm learning from my challenges

list three obstacles and what you're learning from them

1.

what I'm learning:

2.

what I'm learning:

3.

what I'm learning:

people I'm grateful for

list 5 people who made your life a little happier today. these could be friends, family or strangers!

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

the best part of my day

choose one moment of your day that made you happy and focus on it for 5 minutes before bed