

# GRATITUDE JOURNAL

Today I'm grateful forever :

---

---

---

Date: \_\_\_\_\_

What recent challenge taught you a valuable lesson?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

What in nature brings you joy?

- \_\_\_\_\_
- \_\_\_\_\_

What are you grateful for today?

- \_\_\_\_\_
- \_\_\_\_\_

Who made a positive impact on you recently?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_