Thankful GRATEFUL blessed

Helpful prompts for Gratitude Journaling.

Daily Gratitude:

Before you begin your day, list 10 things you're grateful for (big or small).

Learning from Challenges:

List 3 challenging situations, people, or other obstacles and what good thing you're learning from this challenge.

People I'm Thankful for:

List 5 people who made your life a little happier today. They could be friends, family, or even strangers!

The Best Part of my Day:

Choose one moment of your day that made you happy and focus on it for 5 minutes before you go to sleep.