

Life's Ultimate Challenge

Gratitude Journal

Upon awakening every morning, decide that you are going to look for things that you can appreciate that day. There is always something to be grateful for. Give thanks for the day. Start small and watch your gratitude list grow. Then, at bedtime, before going to sleep, acknowledge several things from that day that you were grateful for. Do this every day. It's easy and only takes a couple of minutes to complete. You can write these short thank you notes down each night before going to bed in your own gratitude journal. By doing this discipline, you will eventually make gratitude a habit and find more and more to be grateful for in all areas of your life. Thankfulness is an important part of living a healthy life.

Today's Date: _____: I am grateful for:

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

Today's Date: _____: I am grateful for:

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

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

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- 5.