

# Gratitude diary



Name: \_\_\_\_\_ Age: \_\_\_\_\_

## Morning gratitude

Before you begin your day, list five things that you feel grateful for.

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

## People I'm grateful for

List five people who made your life a little happier today (and, if you want, why). They could be friends, family or strangers.

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

## Learning from my challenges

List three challenges you're facing or have faced, and what you can learn from them.

- 1.
- 2.
- 3.

## The best part of my day...

Choose one moment from your day when you were happiest and focus on it for five minutes before you go to sleep.