

Daily Gratitude Log

Today ----- I am Grateful for

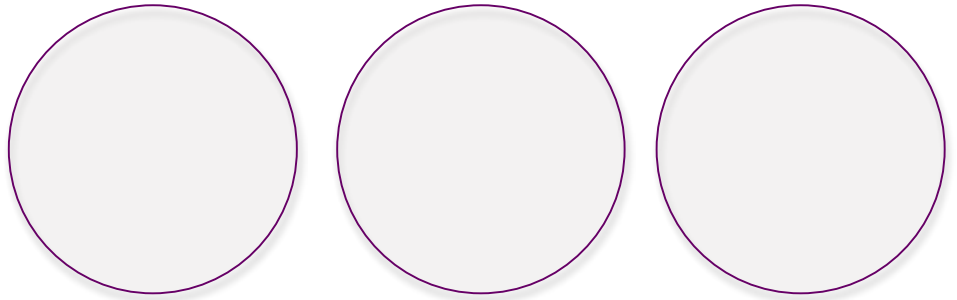
These 3 aspects of my life... ..

- 1 _____
- 2 _____
- 3 _____

The *main* event... ..

3 of my *strengths* that helped me

My *main* achievement ...



What I've *learned* from my challenges:

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People whose *help* I valued (friends, family or strangers)

Insights I've gained about me, my life, people, events, my situation

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I've *let go* of... ..

A *decision* I made... ..