



EVENING GRATITUDE JOURNAL

EVENING GRATITUDE (list 5 things you're grateful for)

- 1
- 2
- 3
- 4
- 5

WHAT I LEARNED (list 3 things you learned today)

- 1
- 2
- 3

PEOPLE WHO MADE MY DAY GREAT! (list 5 people you're grateful for)

- 1
- 2
- 3
- 4
- 5

BEST MOMENT OF THE DAY (describe the best part of your day and why)
