

TODAY

i am grateful for

WHAT I AM GRATEFUL FOR TODAY

1. _____

2. _____

3. _____

WHAT I'M LEARNING FROM MY CHALLENGES

List three obstacles, situations or encounters that you found challenging today, and what you learned from it.

1. _____

What it's teaching me: _____

2. _____

What it's teaching me: _____

3. _____

What it's teaching me: _____

The best part of my day