Thankfulness
### MORNING GRATITUDE PRAYER
Before you begin your day, list 10 things you're grateful for (big or small).  
1.  
2.  
3.  
4.  
5.  
6.  
7.  
8.  
9.  
10.  

### WHAT I'M LEARNING FROM MY CHALLENGES
List 3 challenging situations, people, or other obstacles and what good thing you're learning from this challenge.  
1. I'm learning:  
2. I'm learning:  
3. I'm learning:  

### PEOPLE I'M THANKFUL FOR
List 5 people who made your life a little happier today. They could be friends, family, or even strangers!  
1.  
2.  
3.  
4.  
5.  

### THE BEST PART OF MY DAY
Choose one moment of your day that made you happy and focus on it for 5 minutes before you go to sleep.