Gratitude Journal

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.

SageGrayson
sagegrayson.com
Thank you for downloading the Gratitude Journal from Sage Grayson Coaching at http://sagegrayson.com. This gratitude practice will help you focus on the big and small blessings that are all around you.

Instructions

• Print as many gratitude journal sheets as you want. You can decide whether you want to write in your journal daily (my recommendation), weekly, or whenever you feel like it.
• Add your pages to a binder or folder to keep them organized. You’ll want to look back at your old entries to prolong the good feelings and as a record of the things that made you happy during a particular time of your life.
• Start with the Morning Gratitude Prayer section and write 10 things you’re grateful for when you wake up.
• Next, write the names of the people who made you happy today. Perhaps your partner gave you a compliment or the barista at the coffee shop remembered your usual order.
• Then, think about the challenges you’re facing and find one good thing you’re learning from each.
• Finally, end your day by meditating on the best moment of your day. Sweet dreams!

Who’s Sage?

Hey there! I’m Sage Grayson. I help ambitious career women edit their habits, routines, and mindsets to balance their happiness at work and home. I’m a Life Editor...and so are you! I live in Orlando, Florida, with my husband, Chris, and dog, Skyla.

Like this worksheet? Join the Life Editor Clubhouse at the SILVER Level for dozens of training classes, videos, and more!

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