

# 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.

Sage Grayson

LIFE EDITOR

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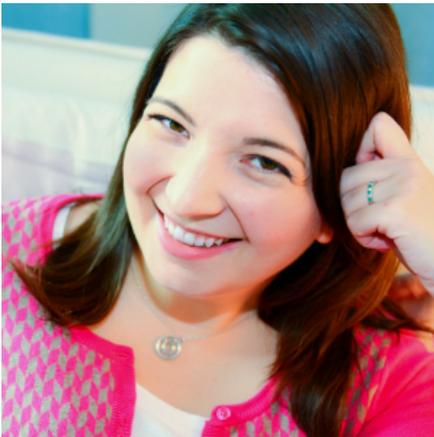
# Gratitude Journal

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.

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