



Gratitude Reflection

Day of the week:

Morning

What are you grateful for?	
Who are you grateful for?	
What's a hard lesson you were grateful to learn?	
What's an aspect in your personality you're grateful for?	
What's a decision you're grateful for?	
What are you grateful for at this moment exactly?	
What mistakes have you recently made that you're grateful for?	
What's a recent memory you're grateful to have?	

Evening

What's a situation that happened today that you're grateful for?	
What's a lesson you learned today that's a blessing to you?	
What's a new habit you picked up today that's a blessing?	
What are you proud of today?	
What's one thing you got better at doing today?	
What act of kindness was done to you today that you're blessed for?	
What has brought you comfort recently?	
What's the goal you accomplished today?	

