



ANGEL'S FRIENDLY COACHING

# Gratitude Log

## Celebrate Gratitude

LIST 5 THINGS YOU'RE GRATEFUL FOR

- 1 \_\_\_\_\_  
\_\_\_\_\_
- 2 \_\_\_\_\_  
\_\_\_\_\_
- 3 \_\_\_\_\_  
\_\_\_\_\_
- 4 \_\_\_\_\_  
\_\_\_\_\_
- 5 \_\_\_\_\_  
\_\_\_\_\_

## People I'm Grateful for

LIST 3 PEOPLE THAT MADE YOUR LIFE HAPPIER

- 1 \_\_\_\_\_  
\_\_\_\_\_
- 2 \_\_\_\_\_  
\_\_\_\_\_
- 3 \_\_\_\_\_  
\_\_\_\_\_

## Hard Lesson I've Learned

LIST 3 CHALLENGES AND WHAT YOU'RE LEARNING FROM THEM

- 1 \_\_\_\_\_  
What I'm learning: \_\_\_\_\_
- 2 \_\_\_\_\_  
What I'm learning: \_\_\_\_\_
- 3 \_\_\_\_\_  
What I'm learning: \_\_\_\_\_

## Greatest Memories

RECALL AND WRITE YOUR FONDDEST MEMORIES

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

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Keeping you in a positive mindset!

