

# WITH ME MIND

## Wellbeing

### Gratitude journal

**Morning gratitude.** Before you begin your day, list 10 things you're grateful for

1 _____	1 _____
2 _____	2 _____
3 _____	3 _____
4 _____	4 _____
5 _____	5 _____

**What I am learning from my challenges?** List 3 obstacles and what you are learning from them.

1 _____	2 _____	3 _____
_____	_____	_____
_____	_____	_____

**People I'm grateful for.** List 5 people who made your life a little happier today. These could be friends, family or strangers.

1 _____
2 _____
3 _____
4 _____
5 _____

**The best part of the day.** Choose one moment of your day that made you happy and focus on it for 5 minutes before bed.