



LIFE SKILLS ACADEMY

Mastering the Game of Life

Gratitude Journal: A Simple Daily Practice to Lift Your Season

A practice of noticing, honoring, and appreciating life.

Today's Date: _____

MORNING – Today, I am grateful for:

MIDDAY – A good thing that has happened today is:

EVENING – Where I saw goodness today was:

Encouragement Reflection (Optional): What is one small kindness I offered or received today?

“Gratitude grows what we value.”