Looking Back at 2020

My biggest accomplishment:

My favorite experience:

My biggest challenge:

My favorite book:

My favorite movie:

My favorite meal:

Looking Ahead to 2021

I want to remind myself:

I want to continue to:

I want to stop:

I want to learn how to:

I want to focus on:
Top Goals for 2021

1. 
2. 
3. 
4. 
5.
DAILY GRATITUDE JOURNAL

MORNING GRATITUDE
Before you begin your day, list 10 things you're grateful for.

1. 
2. 
3. 
4. 
5. 
6. 
7. 
8. 
9. 
10. 

LEARNING FROM CHALLENGES
List 3 obstacles and what you're learning from them.

1. 
WHAT I'M LEARNING:

2. 
WHAT I'M LEARNING:

3. 
WHAT I'M LEARNING:

PEOPLE I AM 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 MY DAY
Choose one moment of your day that made you happy and focus on it for 5 minutes before you go to sleep.
This year I will do...

MORE OF THIS & LESS OF THIS