

Counting your 2019 blessings

GRATITUDE

List a few things you're grateful for when you look back on 2019.

- 1
- 2
- 3
- 4
- 5
- 6

CHALLENGES AND LESSONS

List the 3 biggest challenges you dealt with in 2019 and write down what you're learning from them.

Challenge:

Lesson:

Challenge:

Lesson:

Challenge:

Lesson:

PEOPLE I'M THANKFUL FOR

Use this space to list some people who made your life better this year.

GOOD THINGS ABOUT 2019

Take some time to write down some positive things that happened this year.
