

Please write three blessings<sup>1</sup> (good things) each night before going to bed. Next to each blessing, write at least one sentence about:

- Why did this good thing happen today? What does this mean to you?
- What have you learned from taking the time to name this blessing or good thing?
- In what ways did you or others contribute to this blessing or good thing?

DAILY BLESSING: SUNDAY

Sunday	Date _____
First Blessing	
Reflection	
Second Blessing	
Reflection:	
Third Blessing	
Reflection:	

DAILY BLESSING: MONDAY

Monday	Date _____
First Blessing	
Reflection	
Second Blessing	
Reflection:	
Third Blessing	
Reflection:	

DAILY BLESSING: TUESDAY

Tuesday	Date: _____
First Blessing	
Reflection	
Second Blessing	
Reflection:	
Third Blessing	
Reflection:	

DAILY BLESSING: WEDNESDAY

Wednesday	Date: _____
First Blessing	
Reflection	
Second Blessing	
Reflection:	
Third Blessing	
Reflection:	

DAILY BLESSING: THURSDAY

Thursday	Date: _____
First Blessing	
Reflection	
Second Blessing	
Reflection:	
Third Blessing	
Reflection:	

DAILY BLESSING: FRIDAY

Friday	Date: _____
First Blessing	
Reflection	
Second Blessing	
Reflection:	
Third Blessing	
Reflection:	

DAILY BLESSING: SATURDAY

Saturday	Date: _____
First Blessing	
Reflection	
Second Blessing	
Reflection:	
Third Blessing	
Reflection:	