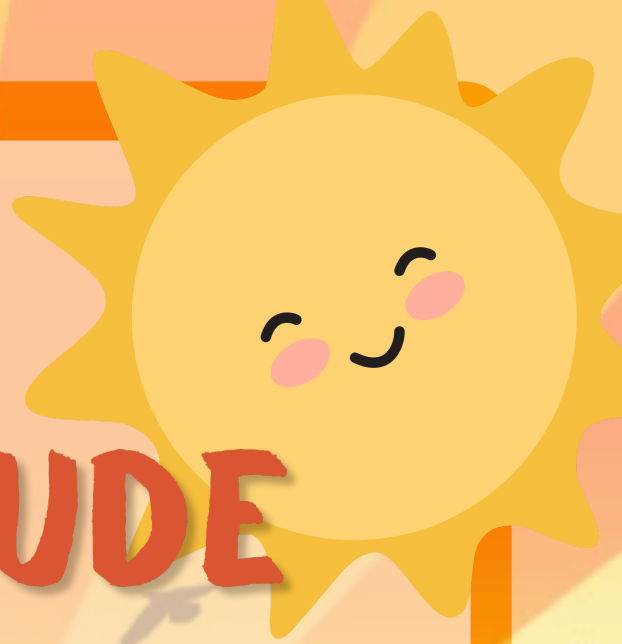


GRATITUDE JOURNAL



A TIME FOR GRATITUDE

Write in this gratitude journal to express your gratitude for others and the world around you.

What do I appreciate about myself?

What's something beautiful you saw outside today that made you feel thankful?

What's one thing you're looking forward to this month?

Write about an accomplishment that made you feel proud.



A TIME FOR GRATITUDE

Write in this gratitude journal to express your gratitude for others and the world around you.

What is one good thing that I often take for granted?

Describe a person who makes your day better just by being themselves.

What's a lesson you learned from a mistake or a tough situation this week?

What's the best advice you've ever received and how have you used it in your life?



A TIME FOR GRATITUDE

Write in this gratitude journal to express your gratitude for others and the world around you.

What is something you use every day that you're thankful for? Why is it important?

Write about a hobby or activity that you enjoy and why it's special to you.

Write about what freedom means to you and why you appreciate it.

Share a memory that makes you happy whenever you think about it.



A TIME FOR GRATITUDE

Write in this gratitude journal to express your gratitude for others and the world around you.

What's a nice thing someone said to you or you said to someone else?

Write about someone who made you smile today and why they're amazing.

Write about three things you're most grateful for this year.

Write about a hobby or activity that you enjoy and why it's special to you.



A TIME FOR GRATITUDE

Write in this gratitude journal to express your gratitude for others and the world around you.

What are three things I'm grateful for, no matter how small?

Did anything surprise you today in a good way? Why did it feel special?

What am I grateful for in this moment?

What makes you beautiful?



A TIME FOR GRATITUDE

Write in this gratitude journal to express your gratitude for others and the world around you.

What is something I am grateful to have learned?

What are three reasons I am glad to be alive?

What are three things I appreciate about nature?

Who has supported me during difficult times?



I AM GRATEFUL FOR

Showing gratitude helps us appreciate all the things in our life. When we're grateful, we take a moment to say "thank you" for the people, things, and experiences that make us happy. Write down one thing that makes you happy for each letter of the alphabet.

a _____

b _____

c _____

d _____

e _____

f _____

g _____

h _____

i _____

j _____

k _____

l _____

m _____

n _____

o _____

p _____

q _____

r _____

s _____

t _____

u _____

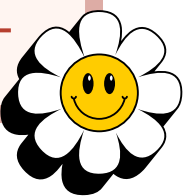
v _____

w _____

x _____

y _____

z _____



I AM THANKFUL FOR...

Directions: Read the prompt in each box and write your answers.

Something I am thankful for this past month:

Something I am looking forward to next month:

Something I am grateful for about myself:

