

MY  
GRATITUDE  
JOURNAL

**Gratitude** is noticing and appreciating the good around you. List as many things as you can in each category. Add to the list as you think of more!

People	Places/Events	Things

Name \_\_\_\_\_

**Gratitude** is noticing and appreciating the good around you. Write about something you are grateful for.

I am grateful for \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

I am grateful for \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

I am grateful for \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

I am grateful for \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Name \_\_\_\_\_

**Gratitude** is noticing and appreciating the good around you. Write about something you are grateful for each day.

Date \_\_\_\_\_ Today I am grateful for \_\_\_\_\_

Date \_\_\_\_\_ Today I am grateful for \_\_\_\_\_

Date \_\_\_\_\_ Today I am grateful for \_\_\_\_\_

Date \_\_\_\_\_ Today I am grateful for \_\_\_\_\_

Date \_\_\_\_\_ Today I am grateful for \_\_\_\_\_

Date \_\_\_\_\_ Today I am grateful for \_\_\_\_\_

Date \_\_\_\_\_ Today I am grateful for \_\_\_\_\_

Date \_\_\_\_\_ Today I am grateful for \_\_\_\_\_

Date \_\_\_\_\_ Today I am grateful for \_\_\_\_\_

Name \_\_\_\_\_