

5 minute



Gratitude JOURNAL

GRATEFUL



WHAT IS GRATITUDE?

Gratitude is the expression of appreciation for what one has. Practicing gratitude means making conscious efforts to count one's blessings and notice the goodness in life.

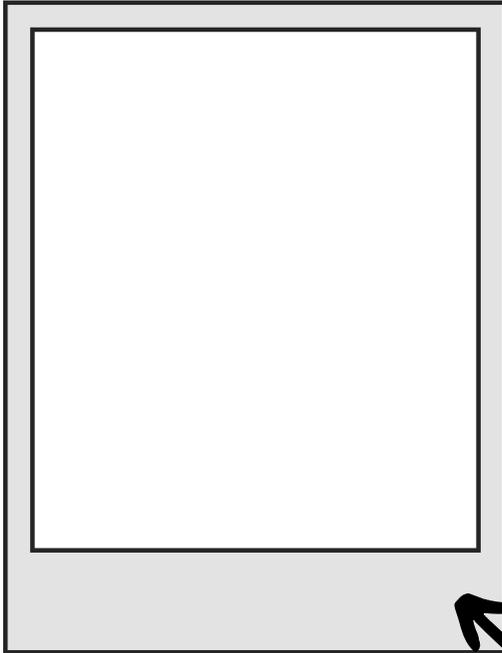
BEING GRATEFUL...

- Keeps you calm and joyful
- boosts mood and self-esteem
- reduces feelings of loneliness and isolation
- helps develop stronger relationships
- improves quality of sleep
- encourages positivity and optimism
- makes life more enjoyable

**START EACH DAY WITH
A GRATEFUL HEART.**



ALL ABOUT ME



My name is _____

I am _____ years old.

I am from _____

I am in Grade: _____

My birthday is: _____

My Self Portrait!

My top 5 favorite activities are:

1. _____

2. _____

3. _____

4. _____

5. _____

My favorite food is:

My favorite subject is:

My wish for this year is: _____

NAME: _____

DATE: _____



Today, I'm Grateful For:

1. _____

2. _____

3. _____



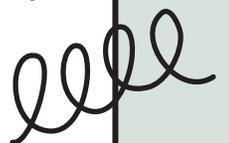
This person made me smile today:



I feel:



What made today special? Draw or write about it.



NAME: _____

DATE: _____

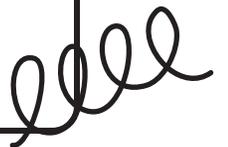


Today, I'm Grateful For:

1. _____
2. _____
3. _____



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