



NAME _____

DATE _____

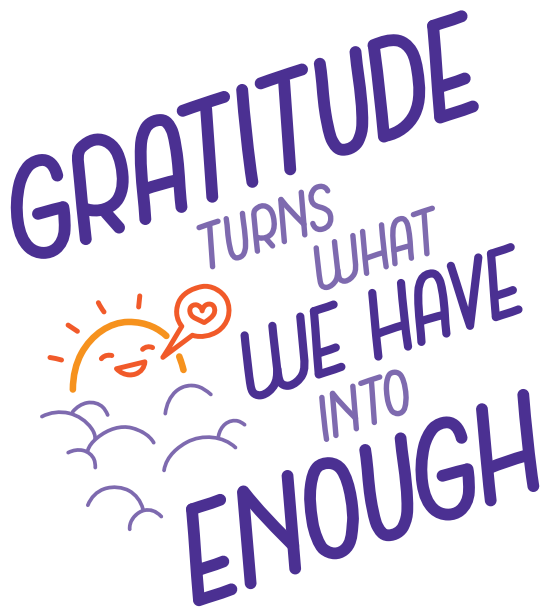
Writing down what you're thankful for is a good way to practice gratitude. It's a fact that grateful people lead happier lives. You want to be happy right? We thought so :) Print out this Gratitude Journal and take your time filling it in. Try to write more than just one word answers. Think about each answer first and provide as much detail as you can. Doing this will help to improve your attitude, build character, and create confidence in your writing and communication skills.

Something good that happened to you recently: _____

A compliment you've gotten recently: _____



Something unique about you: _____



What makes you happy and why: _____

Things you do well: _____

A challenge you're dealing with: _____

What you're learning from it: _____

A place you like to visit: _____

Something that keeps you safe: _____

A gift you were given recently: _____

A talent you have: _____

Something nice you've done for someone: _____

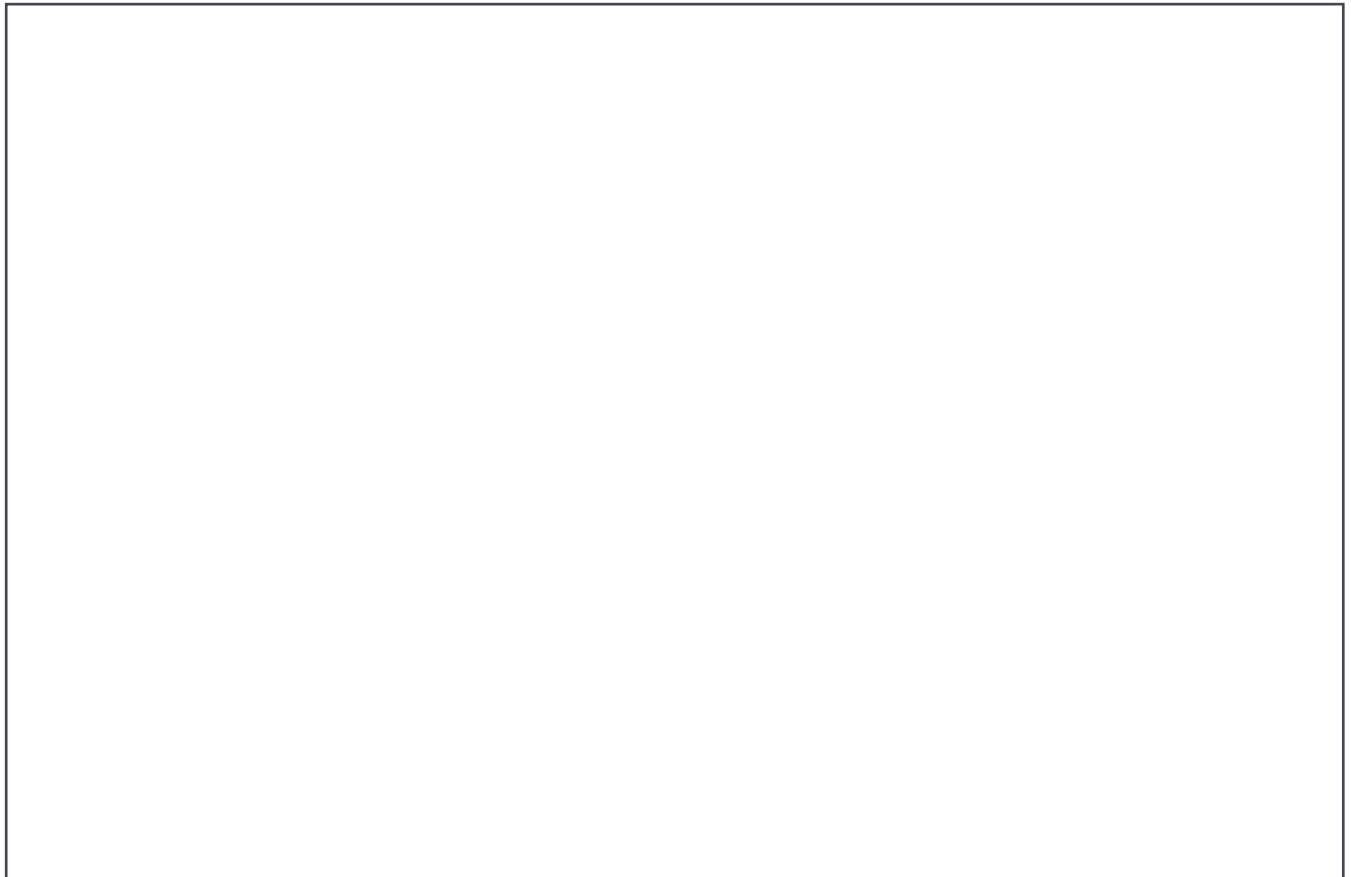


Something you love about yourself: _____

A really fun time you had recently: _____

What's your favourite holiday and why: _____

Draw a picture of something that makes you happy:



Thank yourself for taking the time to fill this in, and remember to do it often :)