



Gratitude Journal

A shift of mood and attitude.

List ten things you are grateful for.

- ❖ _____
- ❖ _____
- ❖ _____
- ❖ _____
- ❖ _____
- ❖ _____
- ❖ _____
- ❖ _____
- ❖ _____
- ❖ _____

List the name of seven people you are grateful for and one word that describes why you are grateful for them.

- ❖ _____
- ❖ _____
- ❖ _____
- ❖ _____
- ❖ _____
- ❖ _____
- ❖ _____

3 Things that made today Great!

- ❖ _____
- ❖ _____
- ❖ _____

Write something you are grateful for about the way you are.

❖ _____