

having a habit of gratitude takes active and consistent practice!!

who is a person who you love and appreciate? write down their name and think of a way to tell them how much they mean to you, and thank them for being a part of the community that holds you up and cheers you on!

# GRATITUDE JOURNAL

date: \_\_\_/\_\_\_/\_\_\_

**TODAY I AM GRATEFUL FOR:**

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**TODAY I AM THANKFUL TO BE ABLE TO:**

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**I AM GLAD TO HAVE \_\_\_\_\_ IN MY LIFE.**

**THESE ARE THE MOMENTS OF MY DAY I WOULD LOVE TO REMEMBER:**

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**TODAY I LEARNED THAT:**

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**I AM LOOKING FORWARD TO:**

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write them down and commit them to memory, so on a bad day you can be reminded of the goodness in your life!

what is something that excites you in the near future?

being future-oriented helps us to focus on hope and gives us motivation!

[gather]

in a paragraph or in bullet points, record events that you are thankful for to help you look at the day through a fresh lens

celebrate yourself in this section - what are some qualities of you that you are thankful for? what body parts are you grateful for? what abilities and capabilities are you thankful to have?