

Gratitude Journal

Date :



3 Little things to be grateful for

Three horizontal white boxes for writing, each with a small pink square in the top left corner.

Say something nice about yourself

A large white rectangular box for writing.

Describe a happy memory

A large white rectangular box for writing.

Who are you grateful for?

A large white rectangular box for writing.

What did you learn today?

A large white rectangular box for writing.

Happiness level

