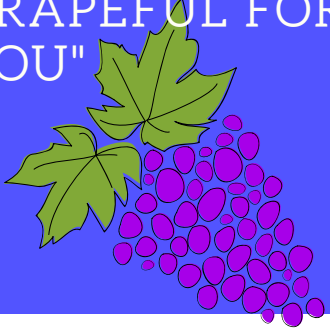


"I'M SO
GRAPEFUL FOR
YOU"



SUCCESSFUL FAMILIES
SUCCESSFUL KIDS

MONDAY

GRATITUDE
JOURNAL

Starting today,
everyday you are
going to answer a
question regarding
gratitude. your first
question is:

Write down one good
thing that happened
today. Why did it
happen?

TUESDAY

GRATITUDE LETTER

Write a letter to
someone thanking
them for something
they did. You can
write one, two or as
many as you want.
Mail them the letters
when you are done :)

Journal Question #2:
Name 5 personality traits
you are most thankful for
and why.

WEDNESDAY

GRATITUDE ROCK

Find a rock you like
outside. Once you
have that, carry it
with you wherever
you go. When you
hold it, take a minute
to pause and think
about what you are
grateful for.

Journal Question #3:
How was your day? List 5
positive things about
today.

THURSDAY

GRATITUDE WALK

Go for a walk
outside, and point
out everything you
are grateful for. Try
to use all 5 senses,
smell, taste, touch,
sight and hearing.

Journal Question #4: List
3 things you could do
today to be a kinder
person. How are you
going to do these?

FRIDAY

GRATITUDE VISION
BOARD

Make a board with all
the things you are
grateful for in your
life. Using
magazines, cut
outs...whatever you
like. In the end you
will be able to see
everyday what you
are thankful for.

Journal Question #5:
What were your 3 best
days this week? Write a
paragraph about each.