

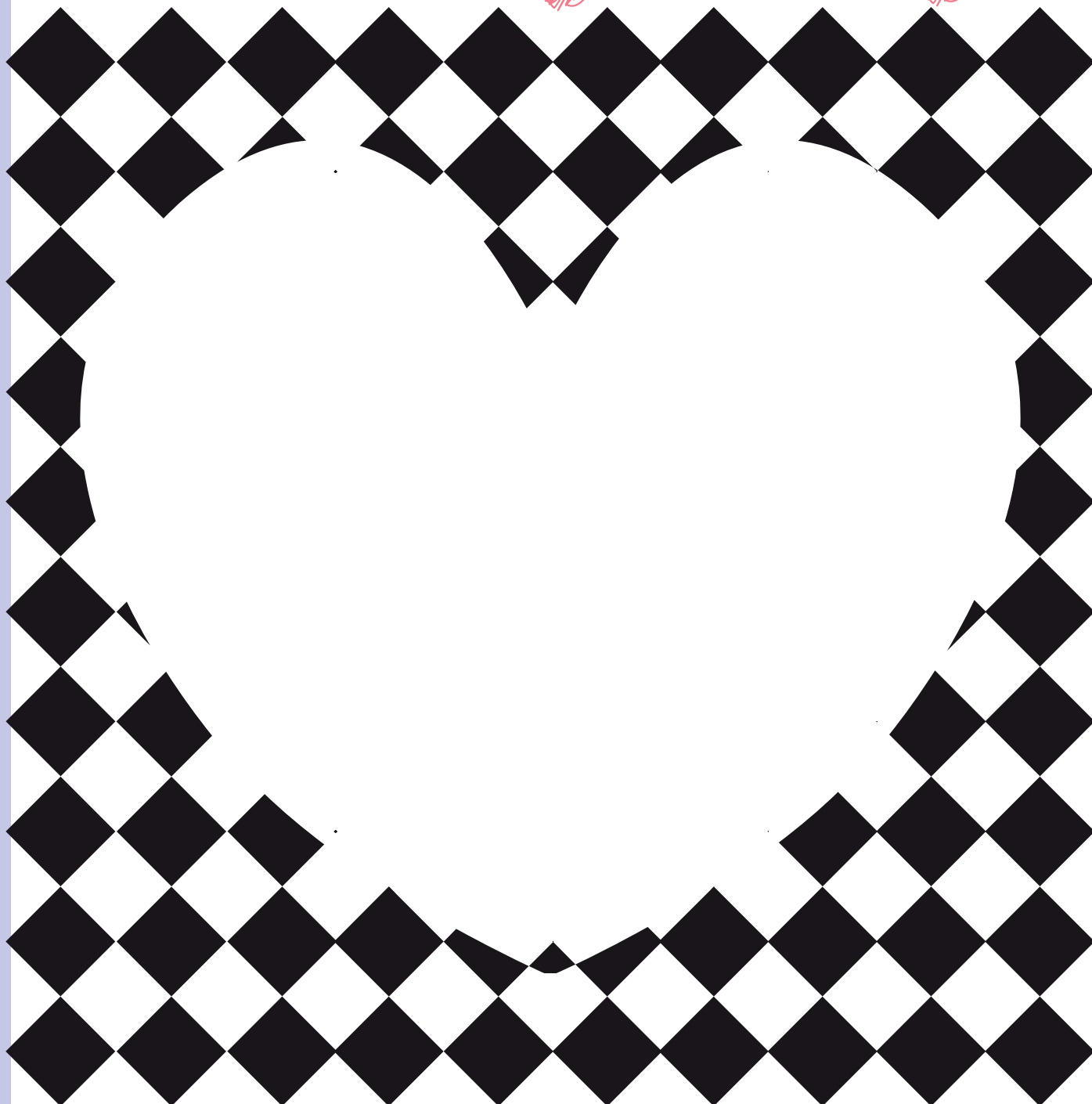
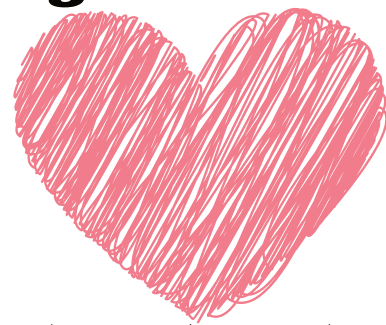


My Gratitude Journal

Complete these pages in any order.
Print more if you would like.

THINGS I LOVE

Write or draw the things you love. Use different colors and types of writing.



WEEKLY GRATITUDE JOURNAL

I am grateful for

Monday

Thursday

WRITE OR
DRAW WHAT
YOU ARE
THANKFUL
FOR EVERY
DAY. YOU
CAN PRINT
MORE OF
THESE AND
DO MORE
WEEKS

Tuesday

Friday

Wednesday

Saturday

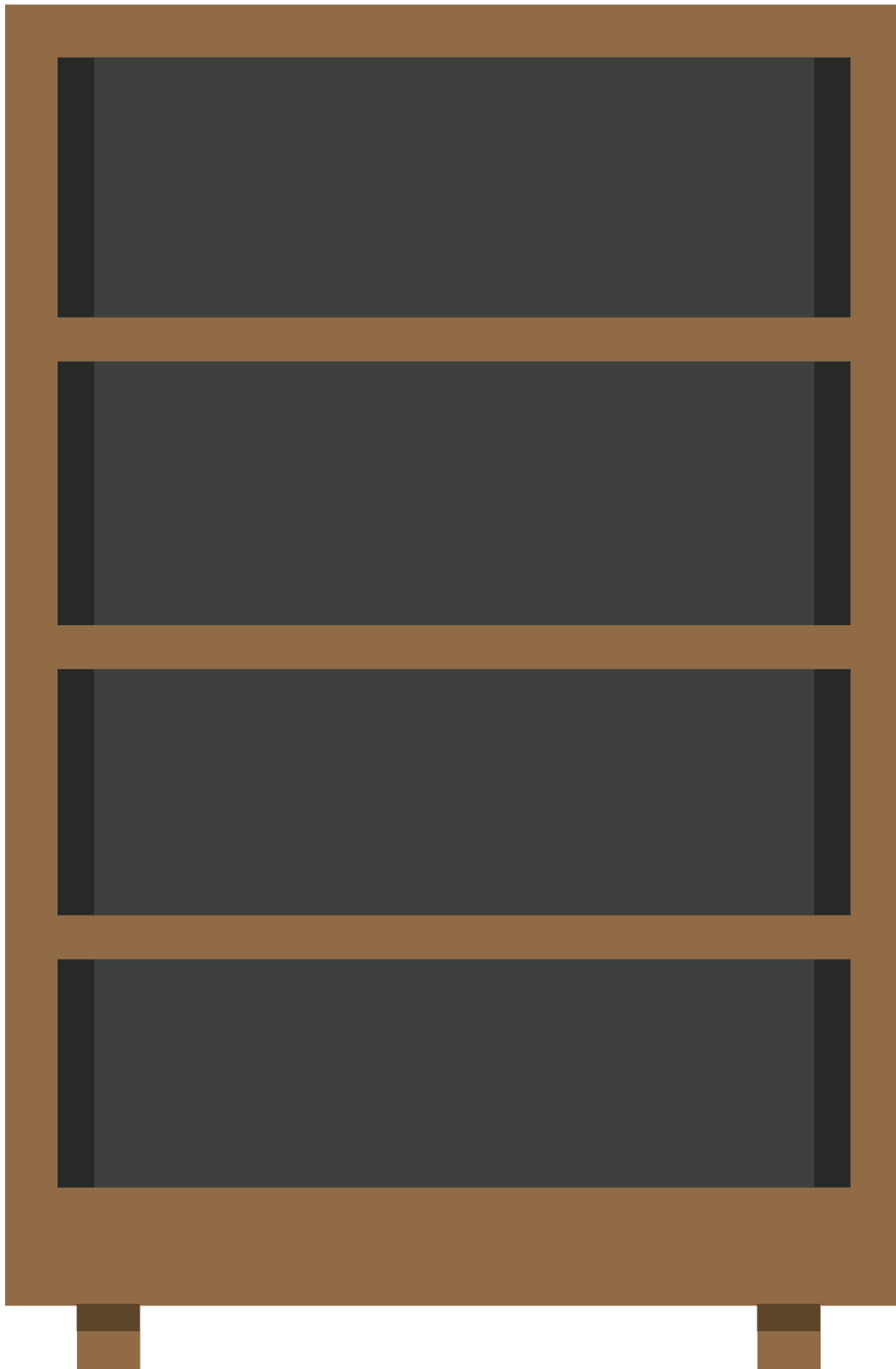
Sunday

GRATEFUL

BOOKS I AM

grateful

FOR:



MOVIES I AM



FOR:



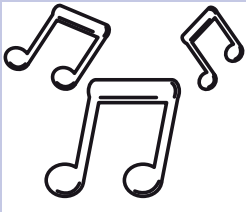
Blank space for writing movie titles, divided into five horizontal sections by blue bars.

Blank space for writing movie titles, divided into five horizontal sections by blue bars.

Places

I enjoy visiting





MUSIC I LOVE



PEOPLE I AM GRATEFUL FOR



NAME	REASON

MONTHLY GRATITUDES

Write out the reasons you felt grateful each month

JANUARY

FEBRUARY

MARCH

APRIL

MAY

JUNE

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

DRAW A GRATEFUL MEMORY



A large, empty white rectangular area for drawing, framed by a thin black border. The drawing area is intended for the user to illustrate a grateful memory.

SEASONAL GRATITUDES

Draw or write what you are grateful in each season

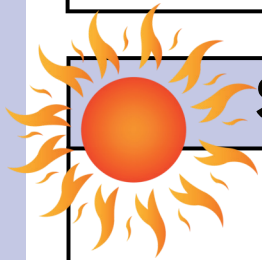
WINTER



SPRING



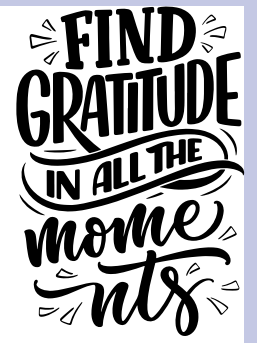
SUMMER



FALL



I FEEL GRATITUDE FOR:



Write out what you are grateful for in your life

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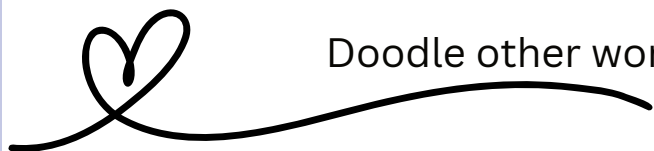
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THANK YOU NOTE

Dear, _____

A series of horizontal dashed lines for writing the body of the thank you note.

GRATITUDE DOODLE PAGE



Doodle other words for the word grateful

