

This
**Gratitude
Journal**
belongs to:

DATE:

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Today I Am Grateful For...

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Today's affirmation:

My mood today was...

Thoughts and feelings

MONTH: _____

Goal TRACKER

YEAR: _____

Goal 1:

START DATE:

DUE DATE:

ACTION STEPS:

COMPLETED:



Goal 2:

START DATE:

DUE DATE:

ACTION STEPS:

COMPLETED:



Goal 3:

START DATE:

DUE DATE:

ACTION STEPS:

COMPLETED:



Kindness

JOURNAL

Acts of kindness other people did for me:

Acts of kindness I did for other people:

DATE:

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Today I Am Grateful For...

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Today's affirmation:

My mood today was...

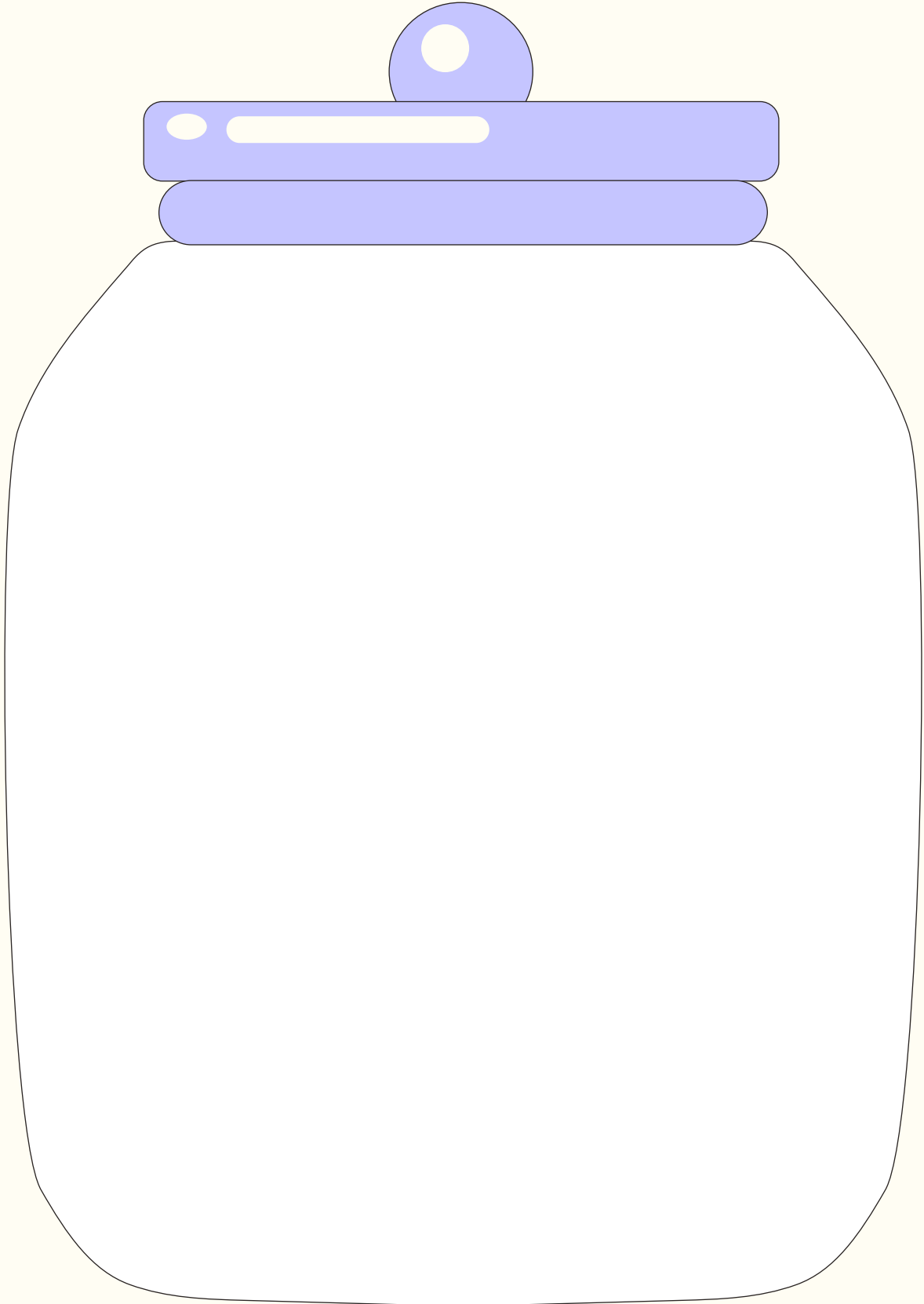
Thoughts and feelings

Quotes That Inspire Me

[illegible]

My Gratitude Jar

What things are you thankful for?
Draw them in the jar!



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Today I Am Grateful For...

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Today's affirmation:

My mood today was...

Thoughts and feelings

I'm Proud Of...

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Gratitude

PYRAMID

My favorite memory

Two people that made me smile

Three things that I'm looking forward to

Four things I'm good at

Five things that made me laugh

Six things, people or places I love

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Today I Am Grateful For...

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Today's affirmation:

My mood today was...

Thoughts and feelings

MONTH: _____

Weekly

CHECK-IN

DAY: _____

THINGS I DID THIS WEEK:

HIGHLIGHTS OF THE WEEK:

THIS WEEK I'M LOOKING FORWARD TO:

OTHER NOTES:

THIS WEEK'S RATING:

Habit Tracker

MONTH:

WEEK:

HABITS:

[illegible]

GOALS:

DATE:

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Today I Am Grateful For...

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Today's affirmation:

My mood today was...

Thoughts and feelings

Write a letter to someone that you look up to.

Dear _____,

[illegible]

Sincerely, _____

Weekly Gratitude

Write down all the things that made you feel happy or thankful.

MONDAY	TUESDAY
WEDNESDAY	THURSDAY
FRIDAY	SATURDAY
SUNDAY	



30 Days of Gratitude Challenge



Write down three people who you are thankful for.

Tell someone why you are grateful to have them in your life.

Go one full day without complaining.

Write down the best thing that happened today.

Take time to smile at everyone you see today.

Do a random act of kindness for someone.

Spend 30 minutes doing something you love.

Write down three things that you are grateful for.

Write thank you notes to five people in your life.

Recognize someone in your family who looks after you.

Do something nice for a classmate.

Sit down with someone and share what you are both grateful for.

Write down three things that you like about school.

Turn any negative thoughts into positive thoughts.

Write down five things that you love about yourself.

Think about three things that you usually take for granted.

Write about your hobbies and why you love them.

Think about what you're grateful for before going to bed tonight.

Tell three people in your life why you appreciate them.

Watch for a classmate doing a good job and thank them for it.

Think of someone who helped you today and thank them for it.

Write down three things that you appreciate about your teacher.

Notice positive traits about each of your classmates.

Spend quality time with loved ones, without any screens.

Think of something great that has happened to you this month or year.

Write a thank-you note to a classmate.

Avoid gossip or speaking negatively about others.

Compliment a stranger.

Start a gratitude journal and keep practicing gratitude.

Well done! You've done a great job. Congratulate yourself today.