



Activity

Gratitude Journal

GRATITUDE IS THE ACT OF RECOGNIZING AND APPRECIATING THE POSITIVE ASPECTS OF LIFE.

DATE:

3 things that I am grateful for today
It can be moments, events, or people, etc.

- 1.
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- 2.
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- 3.
.....

3 good things that happened today

- 1.
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- 2.
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- 3.
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Something I learned today

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An accomplishment for today

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Something that made me smile today

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