

My GRATITUDE JOURNAL

Did you know that regularly writing down what you're grateful for can rewire your brain to become more optimistic? Follow the instructions below to make your own gratitude journal so that you can notice the good things in your life.



Print page 2 and fold in half with the title as a cover page.



Print page 3 as many times as you like. Fold the pages to fit inside your cover page from Step 1.



Staple your book together to secure. Decorate the front and back of your book.



My GRATITUDE JOURNAL

Date _____

Today I feel



Something or someone I am grateful for today.

Date _____

Today I feel



I was kind to someone today when I...

This was the best part of my day.

(write or draw below)

Something that made me smile or laugh today.

(write or draw below)

Date _____

Today I feel



Something or someone I am grateful for today.

Date _____

Today I feel



I was kind to someone today when I...

This was the best part of my day.

(write or draw below)

Something that made me smile or laugh today.

(write or draw below)

Date _____

Today I feel



Something or someone I am grateful for today.

I was kind to someone today when I...

This was the best part of my day.

(write or draw below)

Something that made me smile or laugh today.

(write or draw below)

Date _____

Today I feel



Something or someone I am grateful for today.

Date _____

Today I feel



I was kind to someone today when I...

This was the best part of my day.

(write or draw below)

Something that made me smile or laugh today.

(write or draw below)