

# My Gratitude Journal

Name: .....

Class: .....

Date: .....

Day 1: .....day

1

2

3



Instructions: Write or draw 3 things each day which you're thankful for or even something tiny that brightened up your day a bit. If you keep doing this everyday for a few weeks, it can help you worry less. It's a good idea to do this activity just before going to bed.

Day 2: .....day

1

2

3

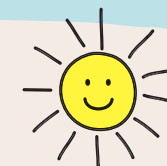
THANK YOU

Day 5: .....day

1

2

3



Day 3: .....day

1

2

3



Day 6: .....day

1

2

3



Day 4: .....day

1

2

3

THANK  
YOU

Day 7: .....day

1

2

3

