My Gratitude Journal

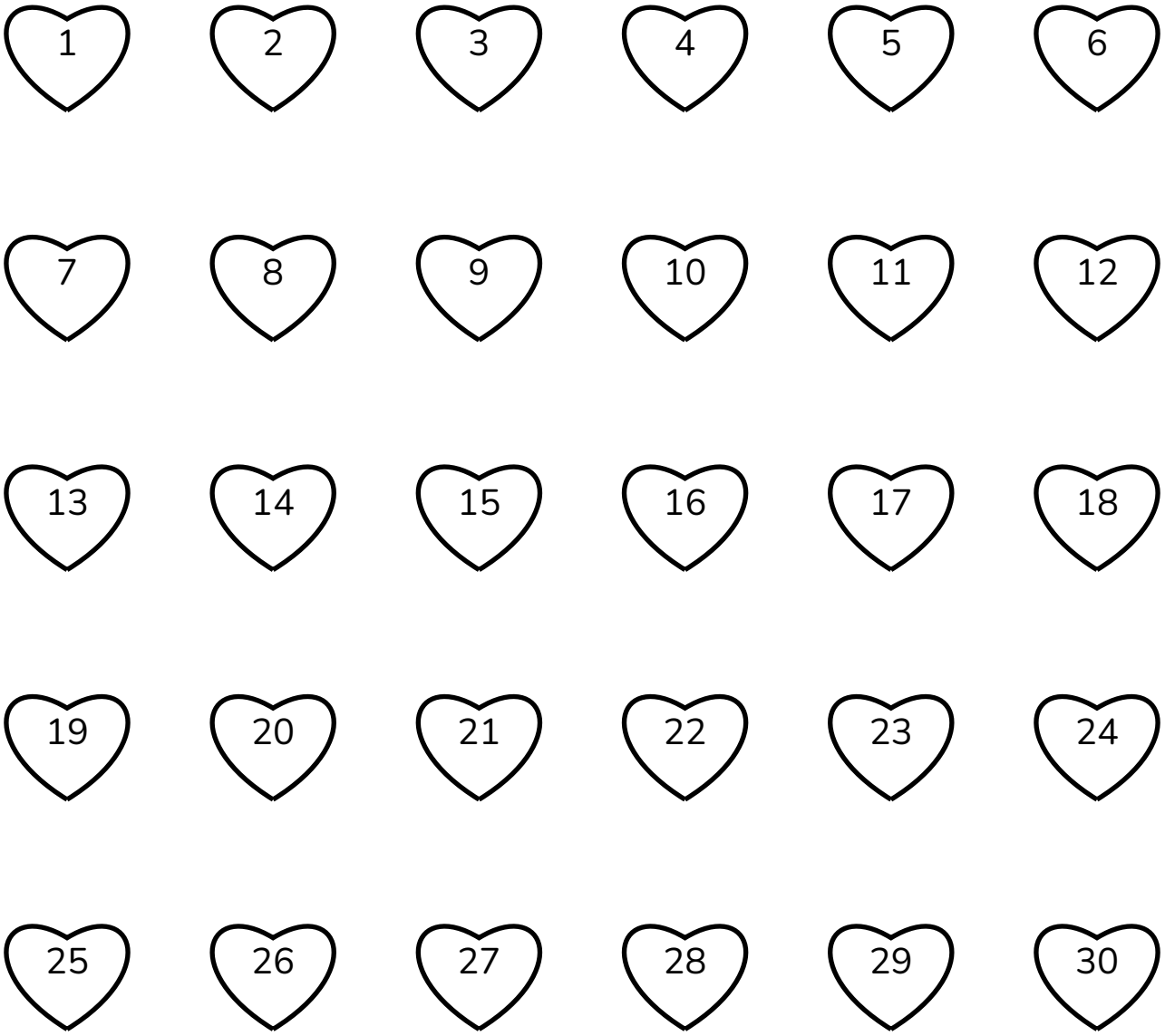
30 days of noticing the good things



This journal belongs to:_____

My Thankful Tracker

Each day, fill in one journal page. Then color a heart! Younger kids can draw in the picture box, and older kids can write a sentence or two. Five minutes is plenty.



I did it! I finished my 30-day gratitude journal on: _____

Day 1

Date: _____

Today's prompt:

Something that made me smile today

Draw it here

Write about it

Color heart #1 in your tracker!

Day 2

Date: _____

Today's prompt:

A person in my family I'm thankful for, and why

Draw it here

Write about it

Color heart #2 in your tracker!

Day 3

Date: _____

Today's prompt:

My favorite food

Draw it here

Write about it

Color heart #3 in your tracker!

Day 4

Date: _____

Today's prompt:

A friend who is kind to me

Draw it here

Write about it

Color heart #4 in your tracker!

Day 5

Date: _____

Today's prompt:

Something in nature I love

Draw it here

Write about it

Color heart #5 in your tracker!

Day 6

Date: _____

Today's prompt:

A toy or game I'm glad I have

Draw it here

Write about it

Color heart #6 in your tracker!

Day 7

Date: _____

Today's prompt:

Something I learned today

Draw it here

Write about it

Color heart #7 in your tracker!

Day 8

Date: _____

Today's prompt:

A place where I feel safe and happy

Draw it here

Write about it

Color heart #8 in your tracker!

Day 9

Date: _____

Today's prompt:

Someone who helped me this week

Draw it here

Write about it

Color heart #9 in your tracker!

Day 10

Date: _____

Today's prompt:

Something fun I did today

Draw it here

Write about it

Color heart #10 in your tracker!

Day 11

Date: _____

Today's prompt:

A book or story I love

Draw it here

Write about it

Color heart #11 in your tracker!

Day 12

Date: _____

Today's prompt:

Something about my home I'm thankful for

Draw it here

Write about it

Color heart #12 in your tracker!

Day 13

Date: _____

Today's prompt:

A teacher or grown-up who helps me learn

Draw it here

Write about it

Color heart #13 in your tracker!

Day 14

Date: _____

Today's prompt:

Something my body can do (run, jump, hug, sing...)

Draw it here

Write about it

Color heart #14 in your tracker!

Day 15

Date: _____

Today's prompt:

A sound I love to hear

Draw it here

Write about it

Color heart #15 in your tracker!

Day 16

Date: _____

Today's prompt:

A favorite memory with my family

Draw it here

Write about it

Color heart #16 in your tracker!

Day 17

Date: _____

Today's prompt:

Something easy to forget to be thankful for, like clean water or a warm bed

Draw it here

Write about it

Color heart #17 in your tracker!

Day 18

Date: _____

Today's prompt:

An animal or pet I love

Draw it here

Write about it

Color heart #18 in your tracker!

Day 19

Date: _____

Today's prompt:

Something kind someone did for me

Draw it here

Write about it

Color heart #19 in your tracker!

Day 20

Date: _____

Today's prompt:

Something kind I did for someone else

Draw it here

Write about it

Color heart #20 in your tracker!

Day 21

Date: _____

Today's prompt:

A season or kind of weather I enjoy

Draw it here

Write about it

Color heart #21 in your tracker!

Day 22

Date: _____

Today's prompt:

Something I'm good at

Draw it here

Write about it

Color heart #22 in your tracker!

Day 23

Date: _____

Today's prompt:

A smell that makes me happy

Draw it here

Write about it

Color heart #23 in your tracker!

Day 24

Date: _____

Today's prompt:

Someone I'd like to thank, and what I would say

Draw it here

Write about it

Color heart #24 in your tracker!

Day 25

Date: _____

Today's prompt:

Something that made today a little better

Draw it here

Write about it

Color heart #25 in your tracker!

Day 26

Date: _____

Today's prompt:

A song that makes me want to dance

Draw it here

Write about it

Color heart #26 in your tracker!

Day 27

Date: _____

Today's prompt:

Something new I tried

Draw it here

Write about it

Color heart #27 in your tracker!

Day 28

Date: _____

Today's prompt:

A helper in my community, like a mail carrier, doctor or bus driver

Draw it here

Write about it

Color heart #28 in your tracker!

Day 29

Date: _____

Today's prompt:

Something about myself I'm thankful for

Draw it here

Write about it

Color heart #29 in your tracker!

Day 30

Date: _____

Today's prompt:

Looking back: my favorite thank-you from this month

Draw it here

Write about it

Color heart #30 in your tracker!

People I'm Thankful For

Draw or write the name of each person, and one reason you're thankful for them.

Name: _____

I'm thankful because...

_____

_____

Name: _____

I'm thankful because...

_____

_____

Name: _____

I'm thankful because...

_____

_____

Name: _____

I'm thankful because...

_____

_____

Name: _____

I'm thankful because...

_____

_____

Name: _____

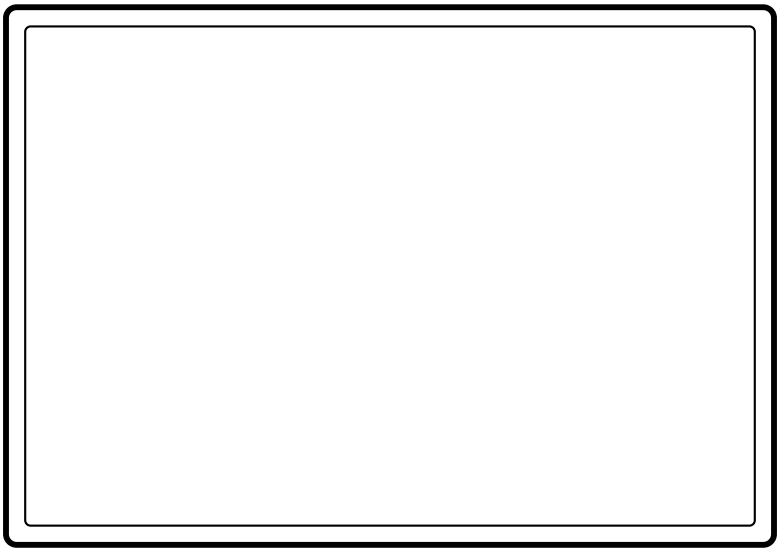
I'm thankful because...

_____

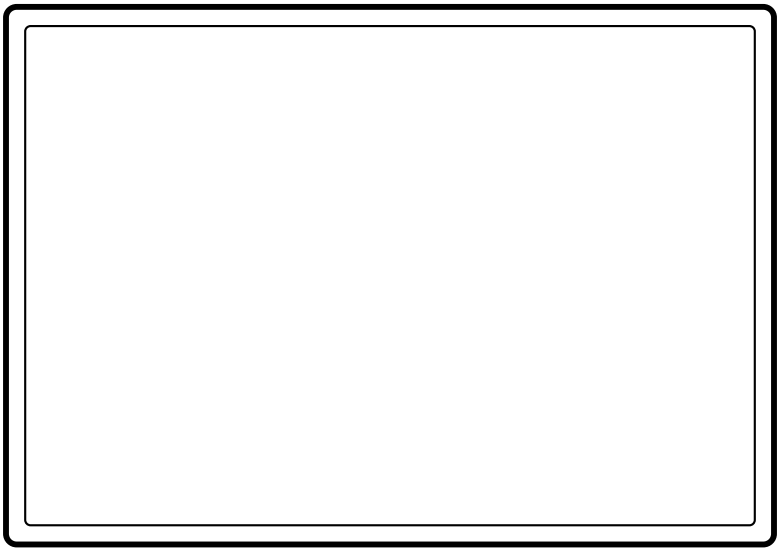
_____

My Favorite Memories

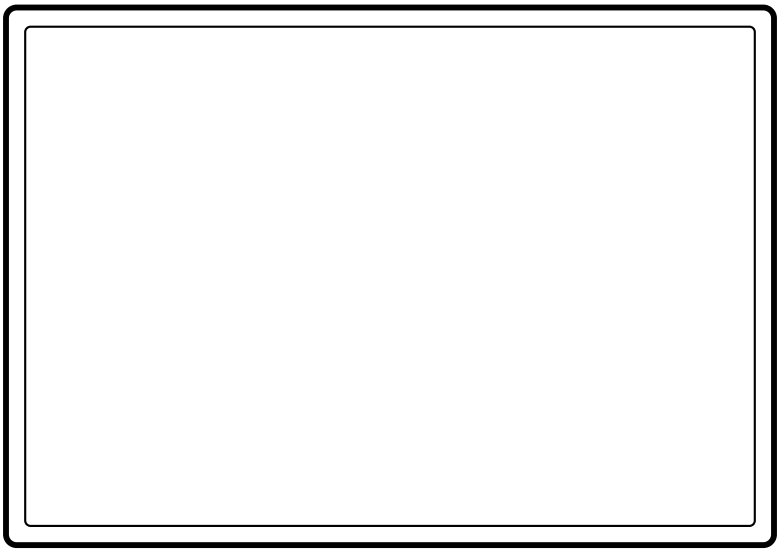
Draw three favorite memories. Write a few words about each one.



Memory 1



Memory 2



Memory 3

My Thank-You Letter

Write a letter to someone who has made a big difference in your life. If you feel brave, read it to them!

Dear_____ ,

From,

_____

