





Gratitude Journal

"Piglet noticed that even though he had a very small heart, it could hold rather a large amount of gratitude."

-From Winnie-the-Pooh (A.A. Milne)

What is this for?

The world is full of many wonderful things, people and experiences but we can forget to focus on these when times are hard. This is a place for you to think about, and be grateful for, the good things! What are you thankful for? Family and friends, petting a puppy, a favourite meal, bike rides, a sunny day?

Keeping a journal has been proven to help increase happiness and lower stress.

It really doesn't matter if an event is something as simple as eating your favourite sweets, playing a game with your friends or hearing your favourite song on a playlist. If it made you feel happy – then it's important. Write it down or draw it and try and explain what it was about the event that made you happy!



Example Page

Example 01

I am grateful for... *my friends John and James.*

Because... *they asked me if I was ok this morning when they saw I was sad. This made me feel better and not so worried about what happened at the weekend.*

I will... *talk to them next time when I am feeling sad.*

Example 02

I am grateful for... *the amazing weather!*

Because... *getting to go outside to the playground.*

I will... *spend more time outside because I know it makes me happy.*

Example 03

I am grateful for... *my mum and dad.*

Because... *they do so much for me and my brother and sister.*

I will... *remember to say thank you and tell them I love them!*



Suggestions

I am grateful for...

*The weather.
Somewhere I went.
Someone I saw.
Something I ate.
Something I did.
Something someone did for me.*

Because...

*I got to play outside.
It made me feel happy.
They listened to how I was feeling.
It tasted delicious.*

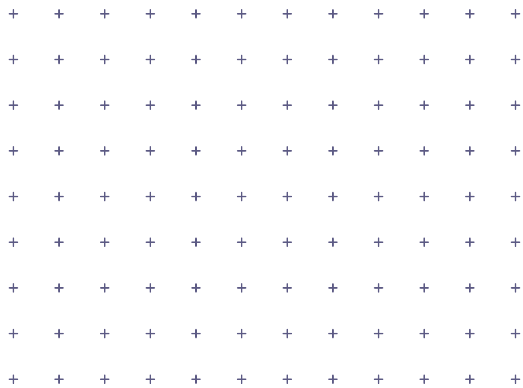
I will...

*Listen to this more.
Make them a card to say thank you.
Tell them I'm grateful.
Do something nice for someone.
Spend more time doing this.
Find more songs like this.*



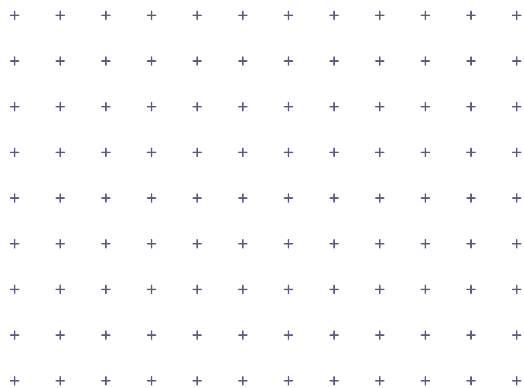
Practice Page

Today I'm grateful for...

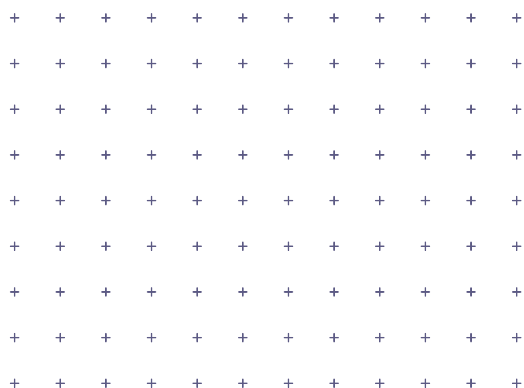


Draw here

Because...



I will...





Monday

Today I'm grateful for...

+ + + + + + + + + + + +
+ + + + + + + + + + + +
+ + + + + + + + + + + +
+ + + + + + + + + + + +
+ + + + + + + + + + + +
+ + + + + + + + + + + +
+ + + + + + + + + + + +
+ + + + + + + + + + + +
+ + + + + + + + + + + +

Because...

+ + + + + + + + + + + +
+ + + + + + + + + + + +
+ + + + + + + + + + + +
+ + + + + + + + + + + +
+ + + + + + + + + + + +
+ + + + + + + + + + + +
+ + + + + + + + + + + +
+ + + + + + + + + + + +
+ + + + + + + + + + + +

I will...

+ + + + + + + + + + + +
+ + + + + + + + + + + +
+ + + + + + + + + + + +
+ + + + + + + + + + + +
+ + + + + + + + + + + +
+ + + + + + + + + + + +
+ + + + + + + + + + + +
+ + + + + + + + + + + +
+ + + + + + + + + + + +



Tuesday

Today I'm grateful for...

+ + + + + + + + + + + +
+ + + + + + + + + + + +
+ + + + + + + + + + + +
+ + + + + + + + + + + +
+ + + + + + + + + + + +
+ + + + + + + + + + + +
+ + + + + + + + + + + +
+ + + + + + + + + + + +

Because...

+ + + + + + + + + + + +
+ + + + + + + + + + + +
+ + + + + + + + + + + +
+ + + + + + + + + + + +
+ + + + + + + + + + + +
+ + + + + + + + + + + +
+ + + + + + + + + + + +
+ + + + + + + + + + + +

I will...

+ + + + + + + + + + + +
+ + + + + + + + + + + +
+ + + + + + + + + + + +
+ + + + + + + + + + + +
+ + + + + + + + + + + +
+ + + + + + + + + + + +
+ + + + + + + + + + + +
+ + + + + + + + + + + +



Wednesday

Today I'm grateful for...

+ + + + + + + + + + + +
+ + + + + + + + + + + +
+ + + + + + + + + + + +
+ + + + + + + + + + + +
+ + + + + + + + + + + +
+ + + + + + + + + + + +
+ + + + + + + + + + + +
+ + + + + + + + + + + +

Because...

+ + + + + + + + + + + +
+ + + + + + + + + + + +
+ + + + + + + + + + + +
+ + + + + + + + + + + +
+ + + + + + + + + + + +
+ + + + + + + + + + + +
+ + + + + + + + + + + +
+ + + + + + + + + + + +

I will...

+ + + + + + + + + + + +
+ + + + + + + + + + + +
+ + + + + + + + + + + +
+ + + + + + + + + + + +
+ + + + + + + + + + + +
+ + + + + + + + + + + +
+ + + + + + + + + + + +
+ + + + + + + + + + + +



Thursday

Today I'm grateful for...

+ + + + + + + + + + + +
+ + + + + + + + + + + +
+ + + + + + + + + + + +
+ + + + + + + + + + + +
+ + + + + + + + + + + +
+ + + + + + + + + + + +
+ + + + + + + + + + + +
+ + + + + + + + + + + +
+ + + + + + + + + + + +

Because...

+ + + + + + + + + + + +
+ + + + + + + + + + + +
+ + + + + + + + + + + +
+ + + + + + + + + + + +
+ + + + + + + + + + + +
+ + + + + + + + + + + +
+ + + + + + + + + + + +
+ + + + + + + + + + + +
+ + + + + + + + + + + +

I will...

+ + + + + + + + + + + +
+ + + + + + + + + + + +
+ + + + + + + + + + + +
+ + + + + + + + + + + +
+ + + + + + + + + + + +
+ + + + + + + + + + + +
+ + + + + + + + + + + +
+ + + + + + + + + + + +
+ + + + + + + + + + + +



Friday

Today I'm grateful for...

+ + + + + + + + + + + +
+ + + + + + + + + + + +
+ + + + + + + + + + + +
+ + + + + + + + + + + +
+ + + + + + + + + + + +
+ + + + + + + + + + + +
+ + + + + + + + + + + +
+ + + + + + + + + + + +
+ + + + + + + + + + + +

Because...

+ + + + + + + + + + + +
+ + + + + + + + + + + +
+ + + + + + + + + + + +
+ + + + + + + + + + + +
+ + + + + + + + + + + +
+ + + + + + + + + + + +
+ + + + + + + + + + + +
+ + + + + + + + + + + +
+ + + + + + + + + + + +

I will...

+ + + + + + + + + + + +
+ + + + + + + + + + + +
+ + + + + + + + + + + +
+ + + + + + + + + + + +
+ + + + + + + + + + + +
+ + + + + + + + + + + +
+ + + + + + + + + + + +
+ + + + + + + + + + + +
+ + + + + + + + + + + +



Weekend

I'm grateful for...

| | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|
| + | + | + | + | + | + | + | + | + | + | + | + |
| + | + | + | + | + | + | + | + | + | + | + | + |
| + | + | + | + | + | + | + | + | + | + | + | + |
| + | + | + | + | + | + | + | + | + | + | + | + |
| + | + | + | + | + | + | + | + | + | + | + | + |
| + | + | + | + | + | + | + | + | + | + | + | + |
| + | + | + | + | + | + | + | + | + | + | + | + |
| + | + | + | + | + | + | + | + | + | + | + | + |
| + | + | + | + | + | + | + | + | + | + | + | + |

Because...

| | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|
| + | + | + | + | + | + | + | + | + | + | + | + |
| + | + | + | + | + | + | + | + | + | + | + | + |
| + | + | + | + | + | + | + | + | + | + | + | + |
| + | + | + | + | + | + | + | + | + | + | + | + |
| + | + | + | + | + | + | + | + | + | + | + | + |
| + | + | + | + | + | + | + | + | + | + | + | + |
| + | + | + | + | + | + | + | + | + | + | + | + |
| + | + | + | + | + | + | + | + | + | + | + | + |
| + | + | + | + | + | + | + | + | + | + | + | + |

I will...

| | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|
| + | + | + | + | + | + | + | + | + | + | + | + |
| + | + | + | + | + | + | + | + | + | + | + | + |
| + | + | + | + | + | + | + | + | + | + | + | + |
| + | + | + | + | + | + | + | + | + | + | + | + |
| + | + | + | + | + | + | + | + | + | + | + | + |
| + | + | + | + | + | + | + | + | + | + | + | + |
| + | + | + | + | + | + | + | + | + | + | + | + |
| + | + | + | + | + | + | + | + | + | + | + | + |
| + | + | + | + | + | + | + | + | + | + | + | + |