



Introduction

Being grateful means being thankful. Every day there is something you can feel grateful for. Maybe you feel grateful for someone you love, or for something you did. Maybe you feel grateful for something your friend said to you or for something that made you laugh until your stomach hurt. It doesn't matter what you are grateful for. Simply feeling gratitude can make your life better.

Gratitude can make you happy when you are feeling sad. It can help you have more positive thoughts. When you are feeling bad about something, gratitude can stop your thoughts from feeling worse and worse. Gratitude can turn your day around when you are having feelings that are uncomfortable for you.

Practicing gratitude can help you feel better about yourself and other people. It can help you feel more hopeful. It can help you get through hard times. It can even help you sleep better.

This journal will help you realize that there are many things in your life you are grateful for. It can help you start a practice of feeling grateful every day.

How to Use the Journal Pages

For each journal page, start by writing the date and then circling the picture that is closest to how you are feeling today. After that, think of three things you are grateful for and write them on the lines. Finally, write or draw a response to the prompt at the bottom of the page. By the time you are done with this journal, you will have a better sense of what makes you feel grateful. You might be surprised by how much you are grateful for in your life.

How to Use the Final Page

As you make your way through this journal, you might forget to be grateful for one specific person—you! There are so many reasons to be grateful for the person you are. Complete the prompts in the boxes with reasons why you are grateful for you.

Today's Date:

I feel:



happy



mad



sad



calm

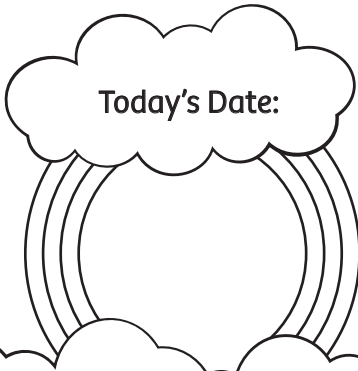
I am grateful for







This made me happy today:



Today's Date:



I feel:



happy



mad



sad



calm



I am grateful for







This is one thing I look forward to every week:

One important person to be *grateful* for is you!

Fill in the boxes with reasons why you are *grateful* for you.

This is something I am really good at:

When things are hard, this is what I know how to do:

These are my three best personality traits:

1.

2.

3.

This is something that makes me unique: