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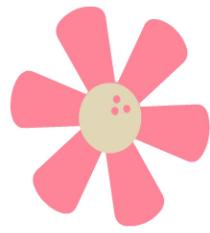
My Gratitude Journal

There is always



Something to be

Thankful For



What made you start this journal?

What have you learned from keeping this journal?





What do you like about the current season?

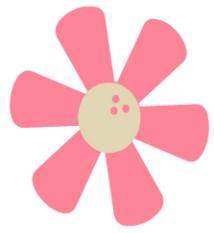
What made you laugh today?



What is different today from a year ago that you are grateful for?



Who are you grateful for & why?



What made you smile today?

What is one thing you love about yourself?



What was your favorite family outing  
that you went on this year?



What do you love about  
your best friend?



What do you like about where you live?

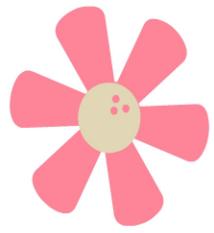
What is something you love in nature?



What is something beautiful  
that you saw today?



What is something that was  
hard to do but you did it anyway?



What do you love about your parents?

What is something you are good at?



What accomplishments in life  
have brought you the most happiness?



What is the best thing  
that happened today?



What freedoms are you grateful for?

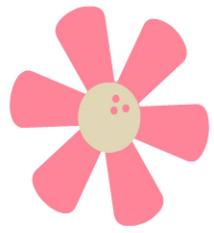
What do you like about your job?



What are the best compliments  
you've ever received?



What are some of the little things  
in life that make you happy?



What kindness did someone give you today?



What is a proud moment in your life and why?

When is a time that you made a positive impact on someone else's life?



What aspects of yourself are you thankful for?



What abilities are you grateful for?

What place are you most grateful for?



What is something unique about your family that you are grateful for?



What taste are you grateful for?