

Learning the  
Art of *Gratitude*

LIVE



LOVE



THANK



YOU!



LAUGH



# How to Use This Journal

This Journal Belongs to: \_\_\_\_\_

Use your new journal to: explore, record, create, and play!

If you see a cool picture - *colour it!*



If you see a blank space - *fill it!*  
(Oh look, there's one  
right below here!)



The only rule is, this book is your *happy* space to  
fill with positivity:

Sad and tough feelings are part of life. Writing about them is good;  
balancing that with lessons you've learned is *better!* :)

Enjoy your first happy journal!





A Blank Page...  
(Go Crazy!)



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Date: \_\_\_\_\_

Gifts Of Life I Am Grateful For

5 Of The Biggest Gifts In My Life	5 Of The Smallest Gifts In My Life



Notes



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Date: \_\_\_\_\_

## Appreciating Life Gifts

What Books Am I Grateful For?	
What Foods Am I Most Grateful For?	
What Songs Am I Grateful For?	
What Change Am I Grateful For?	
What Season Am I Grateful For?	
Which Moments Am I Grateful For?	
What Talents Am I Grateful For?	
What Places Am I Grateful For?	

Date: \_\_\_\_\_

What Am I  
Grateful For Today?

Things I was Grateful For When I Woke Up Today

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What Can I Do Today That I Couldn't Do Yesterday?

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Date: \_\_\_\_\_

Today I Am Grateful For

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How People Were Kind to Me	How I Was Kind to Others



Date: \_\_\_\_\_



Sharing Gratitude

Today I...



HELLO!





Date: \_\_\_\_\_

What Am I Grateful For Today?

Things I was Grateful For When I Woke Up Today

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What Can I Do Today That I Couldn't Do Yesterday?

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Date: \_\_\_\_\_

20 Things I Am Grateful For



10 Big Things I Am Grateful For




10 Big Things I Am Grateful For


Reasons




Date: \_\_\_\_\_

10 Things I Am Grateful For Today





Date: \_\_\_\_\_

What Am I Grateful For Today?

Things I was Grateful For When I Woke Up Today

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What Can I Do Today That I Couldn't Do Yesterday?

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Date: \_\_\_\_\_

20 Things I Am Grateful For

10 Big Things I Am Grateful For	10 Small Things I Am Grateful For



HELLO!



10 Things I Am Grateful For Today

Date: \_\_\_\_\_



THANK YOU!



Date: \_\_\_\_\_



# Gifts Of Life I Am Grateful For

5 Of The Biggest Gifts In  
My Life




5 Of The Smallest Gifts  
In My Life


## Notes


