



Gratitude Lists



What Am I
Grateful For Today?

Date: _____

Things I was Grateful For When I Woke Up Today



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



Date: _____

Today I Am Grateful For



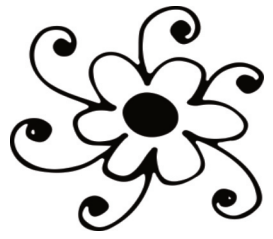
Acts Of Kindness I Received	Acts Of Kindness I Provided



Date: _____

10 Things I Am Grateful For Today

- ♥ _____
- ♥ _____
- ♥ _____
- ♥ _____
- ♥ _____
- ♥ _____
- ♥ _____
- ♥ _____
- ♥ _____
- ♥ _____



About My Day

Date: _____



What Is The Best Thing That Happened Today?



Today I'm Proud That I...



How Did I Make Someone Feel Needed Today?



Date: _____

20 Things I Am Grateful For

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

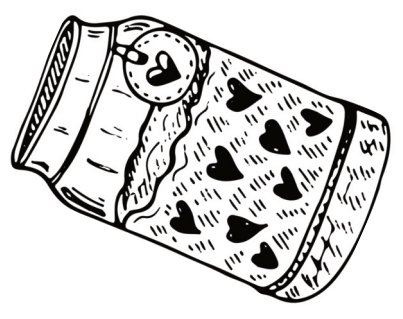


Date: _____

10 Things I Am Grateful For Today

- ♥
- ♥
- ♥
- ♥
- ♥

THANK YOU!



- ♥
- ♥
- ♥
- ♥
- ♥





Date: _____

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The Little Things

Something That Keeps Me Warm	
A Guilty Pleasure I Can Indulge In	
My Favorite Scent I Am Able To Smell	
Something That Cheers Me Up	
Someone Who Inspires Me	
My Favorite Day Of The Week	
Holidays I Am Grateful For	
Something Small I Take For Granted	



Date: _____

20 Things I Am Grateful For



10 Big Things I Am Grateful For

10 Big Things I Am Grateful For

Reasons



Date: _____



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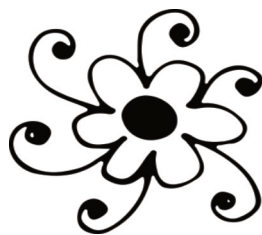












Date: _____



What Is The Best Thing That Happened Today?



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How Did I Make Someone Feel Needed Today?



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

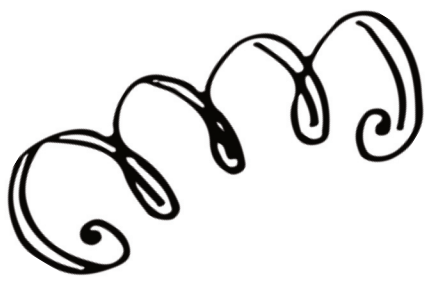


Date: _____

10 Things I Am Grateful For Today

- ♥
- ♥
- ♥
- ♥
- ♥

THANK YOU!



- ♥
- ♥
- ♥
- ♥
- ♥





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Someone Who Inspires Me	
My Favorite Day Of The Week	
Holidays I Am Grateful For	
Something Small I Take For Granted	





Date: _____

People I Can Count On

People I Could Call On In the Middle Of the Night	People I'd Like to Spend More Time With	People Who Don't Know How Much I Appreciate Them

How I Could Spend 5 Mins Each Day Supporting Loved Ones







Date: _____



Things in Nature I Love to Look At	
Things in Nature I Love to Feel	
Things in Nature I Love to Smell	
Things in Nature I Love to Hear	
My Favourite Places to Immerse Myself in Nature	





Date: _____

Count Your Blessings

Who Was I Kind to Today?	
Who Helped Me Today?	
What Did I Enjoy Doing?	
Who Made Me Happy Today?	
What Made Me Feel Important?	
What Simple Thing Made Today Good?	
What Food Made Me Happy Today?	





Date: _____

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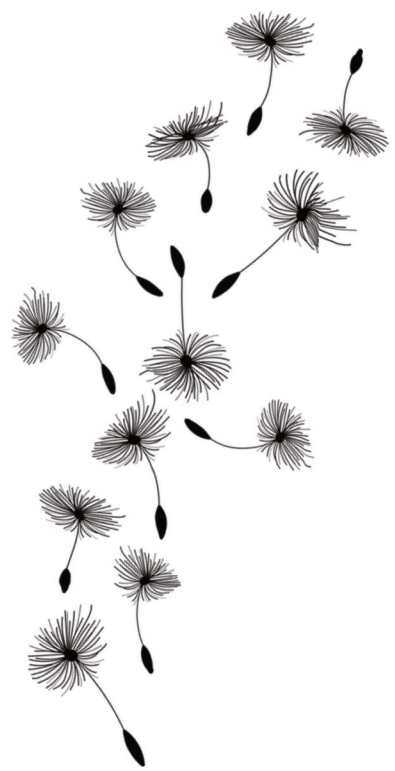
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What Made Me Feel Important?	
What Simple Thing Made Today Good?	





Date: _____

Triggers

People Who Don't Make Me Feel Good	How They Make Me Feel

How I Can Make Things Better





Date: _____

Triggers

People Who Don't Make Me Feel Good	How They Make Me Feel

How I Can Make Things Better





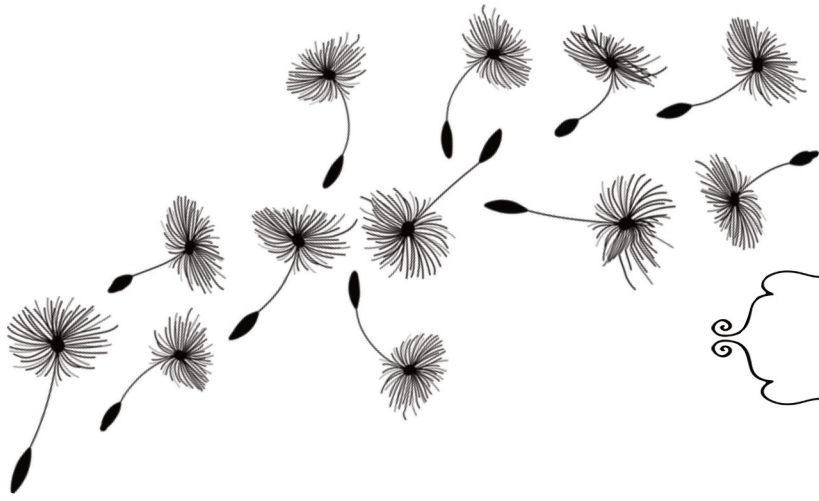
Date: _____

Triggers

People Who Don't Make Me Feel Good	How They Make Me Feel

How I Can Make Things Better





Date: _____

Reasons I'm Sad

Small Things	Medium Things	Big Things

Actions I Can Take to Fix Things or Feel Better





Date: _____

Beautiful Things I Saw Today

At Work



In Nature

On the News

In People

In Myself



What Made Me Feel Positive Today?





Date: _____

People I Can Count On

People I Could Call On In the Middle Of the Night	People I'd Like to Spend More Time With	People Who Don't Know How Much I Appreciate Them

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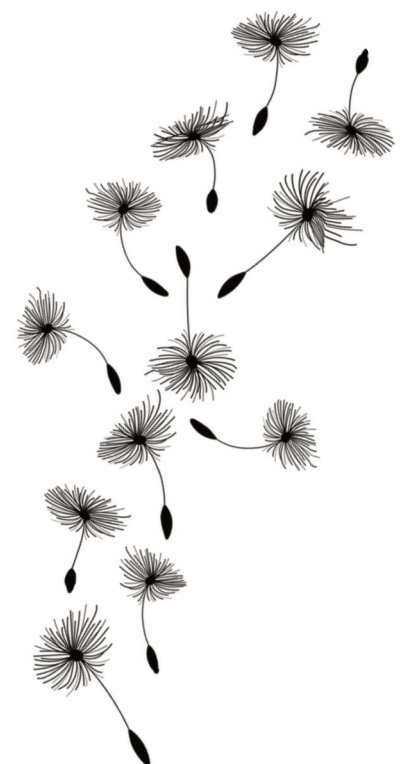
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At Work...	In Nature...	In People...	In Myself...	On the News...



What Made Me Feel Positive Today?





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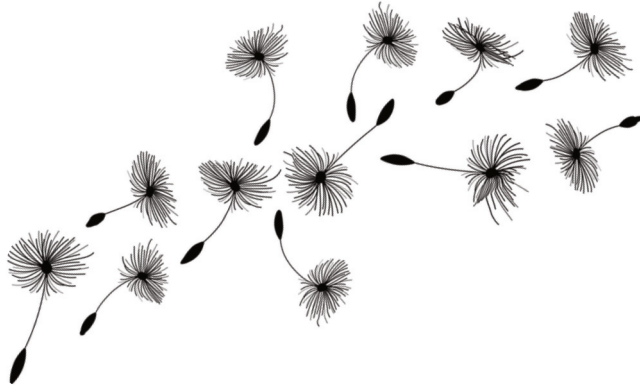
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How I Could Spend 5 Mins Each Day Supporting Loved Ones







Date: _____



Parts Of My Body I Dislike And Why	Why They're Actually Wonderful, & How I Can Come to Love Them	Parts Of My Body I Am Most Grateful For

What Do I Like Most About Me Today?



BEAUTIFUL

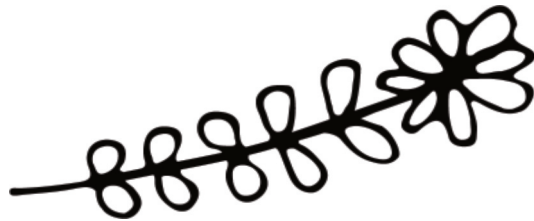




Date: _____



How Is My Health Today?



Health Complications I Have Had In The Past	How I Recovered And What I Am Grateful For

Date: _____



Parts Of My Body I Dislike And Why



Parts Of My Body I Am Most Grateful For



Why They're Actually Wonderful, & How I Can Come to Love Them



Health

Health Complications
I Have Had In The Past

Date: _____

How I Recovered And
What I Am Grateful For



How Is My Health Today?







Date: _____



Achievements I'm Proud Of



Family	Friendship



Work	Personal



Date: _____

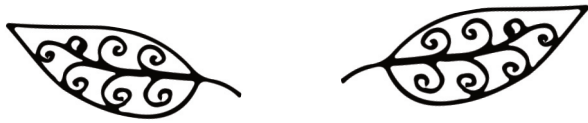
Regrets

Mistakes I've Made	Lessons I've Learned

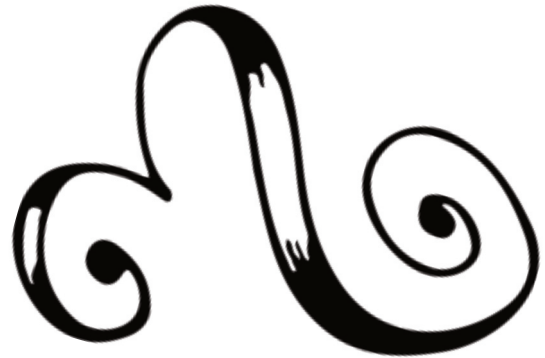
How I Can Change or Make Peace With the Outcome



Date: _____



People I've Wronged



What I Wish I'd Done Differently



How I Can Make Amends



Date: _____

Difficulties

What Difficult Parts Of My Life Am I Now Grateful For?

Why Am I Grateful For The Lessons I Have Learnt?

Date: _____

Difficulties

What Difficult Parts Of My Life
Am I Now Grateful For?

Why Am I Grateful For
The Lessons I Have
Learnt?













Date: _____

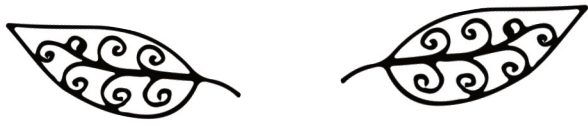
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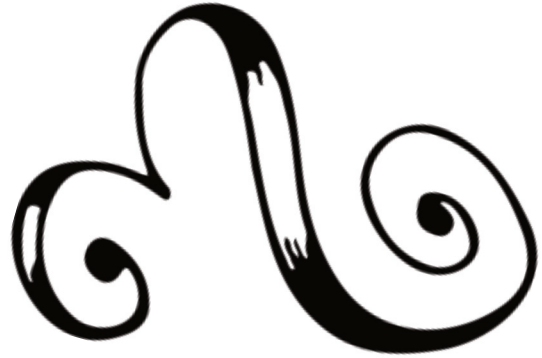
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Date: _____

Difficulties

What Difficult Parts Of My Life
Am I Now Grateful For?

Why Am I Grateful For
The Lessons I Have
Learnt?

Handwriting practice lines with decorative leaf icons and a central 'LOVE' graphic.

Decorative leaf icons are placed vertically in the center of the page, alternating with the 'LOVE' graphic.

The word **LOVE** is written vertically in the center of the page, enclosed in decorative curly braces.



Date: _____



Friendships



Friendships I Am Grateful Ended

Friends I Am Grateful For And Why





Date: _____



Friendships



Friendships I Am Grateful Ended

Friends I Am Grateful For And Why





Date: _____



Friendships I Am Grateful Ended

Friends I Am Grateful For And Why





Date: _____



Friendships



Friendships I Am Grateful Ended

Friends I Am Grateful For And Why





Date: _____

Beautiful Things I Saw Today

At Work...	In Nature...	In People...	In Myself...	On the News...



What Made Me Feel Positive Today?





Date: _____

Happy Scribbles

Someone You Love	Someone Who Loves You	Something That Makes You Smile

A Simple Pleasure	A Special Family Member	A Close Friend

A Positive Experience	A Song You Love	Something You're Proud Of





Date: _____



What I Used To Love About My Old Home	What I Am Grateful For About My New Home

Notes



Date: _____

Beautiful Things I Saw Today

At Work



In Nature

On the News

In People

In Myself



What Made Me Feel Positive Today?





Date: _____



3 Lessons I Am Grateful To Have Learned

Important Lesson

Small But Significant Lesson

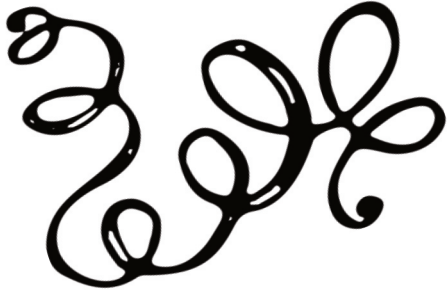
The Lesson I Am Most Grateful For

Date: _____



3 Epiphanies I Have Had & Am Grateful For

Important Epiphany



Lesser Epiphany



The Epiphany I Appreciate Most



Date: _____

Beautiful Things I Saw Today

At Work...	In Nature...	In People...	In Myself...	On the News...



What Made Me Feel Positive Today?





Date: _____

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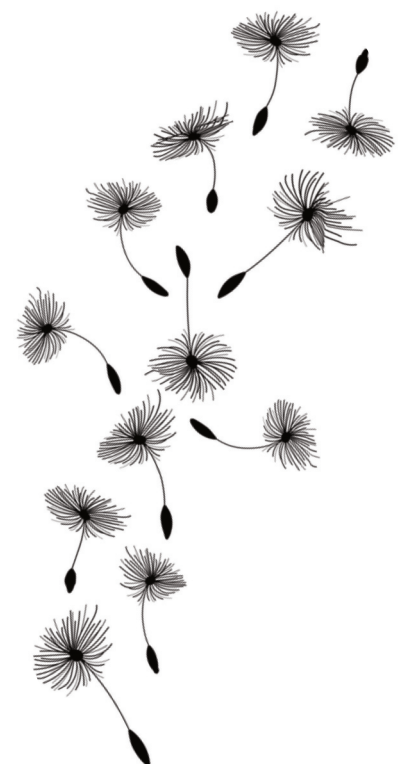
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Count Your Blessings

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Who Helped Me Today?	
What Did I Enjoy Doing?	
Who Made Me Happy Today?	



What Made Me Feel Important?	
What Simple Thing Made Today Good?	





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



Date: _____

Gifts Of Life I Am Grateful For



5 Of The Biggest
Gifts In My Life

5 Of The Biggest Gifts In My Life

5 Of The Smallest
Gifts In My Life

5 Of The Smallest Gifts In My Life

Notes

<u>Notes</u>





Date: _____



3 Lessons I Am Grateful To Have Learned

Important Lesson

Small But Significant Lesson

The Lesson I Am Most Grateful For

Date: _____



3 Epiphanies I Have Had & Am Grateful For

Important Epiphany



Lesser Epiphany



The Epiphany I Appreciate Most



Date: _____



Achievements I'm Proud Of



Family	Friendship



Work	Personal



Date: _____



Reasons I'm Proud Of My Children	Reasons I'm Proud of My Partner	Reasons I'm Proud of Our Relationships

How I Can Strengthen Our Relationships







Date: _____

Confidants

People I Trust With My Secrets	How They Make Me Feel When I Share

Notes





Date: _____



Changes I Have Made That I Am Grateful For



Difficult Parts Of My Life That Had A Positive Impact



Date: _____

Qualities

5 of My Favourite Things About Myself



Ways I Can Build On These





Date: _____

Strengths

5 of My Strengths	5 Ways I Can Build on These



Ways I Can Use My Strengths
to Help Others



Date: _____

Qualities



5 of My Best Qualities
According to Friends

5 Qualities I'd
Like to Build On

Notes





Date: _____



Achievements I'm Proud Of



Family	Friendship



Work	Personal



Date: _____



Work Opportunities & Hobbies

What I Love About My Work	What I'd Still Like to Achieve



Hobbies I Love	Interests I'd Like to Pursue

Date: _____

Work Opportunities & Hobbies

What I Love About My Work



What I'd Still Like to Achieve



Hobbies I Love



Interest I'd Like to Pursue





Date: _____



Work Opportunities & Hobbies



What I Love About My Work	What I'd Still Like to Achieve



Hobbies I Love	Interests I'd Like to Pursue