



*Gratitude Lists*



About My Day

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



What Is The Best Thing That Happened Today?

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Today I'm Proud That I...

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How Did I Make Someone Feel Needed Today?

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

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	



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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: \_\_\_\_\_



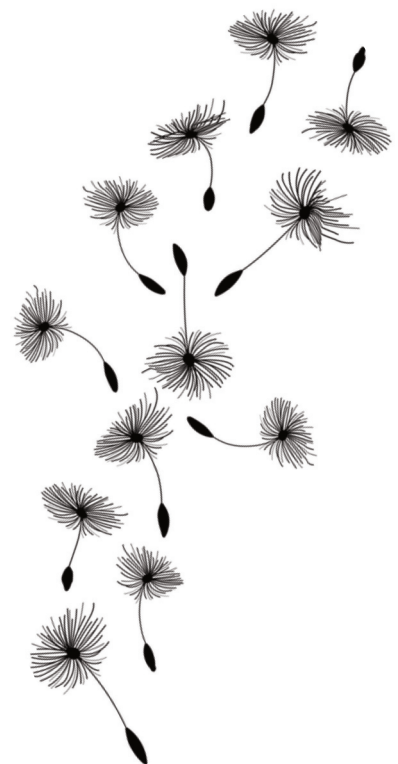
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Date: \_\_\_\_\_

Beautiful Things I Saw Today

At Work



In Nature

On the News

In People

In Myself



What Made Me Feel Positive Today?





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



Things in Nature I Love to Look At	
Things in Nature I Love to Feel	
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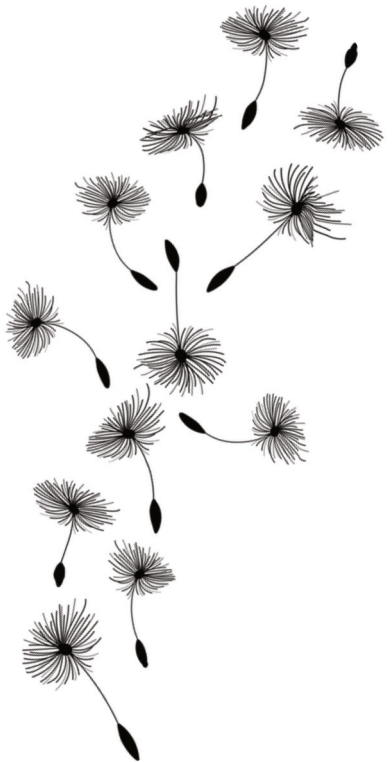
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Beautiful Things I Saw Today

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



What Made Me Feel Positive Today?



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

Beautiful Things I Saw Today

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



What Made Me Feel Positive Today?



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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



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

Beautiful Things I Saw Today

At Work



In Nature

On the News

In People

In Myself



What Made Me Feel Positive Today?







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Beautiful Things I Saw Today

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



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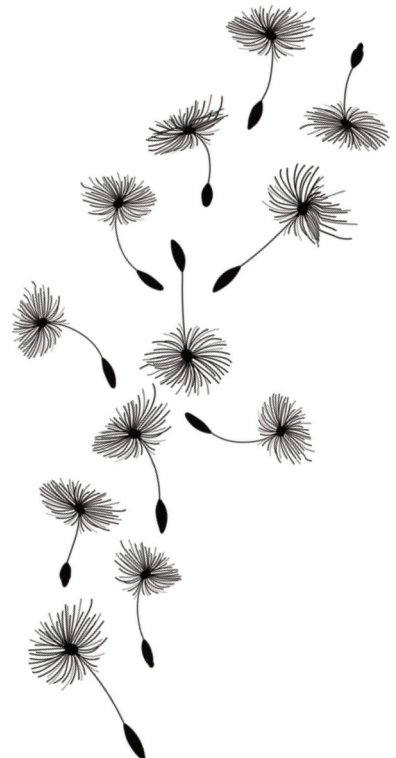
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