



Gratitude Lists





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





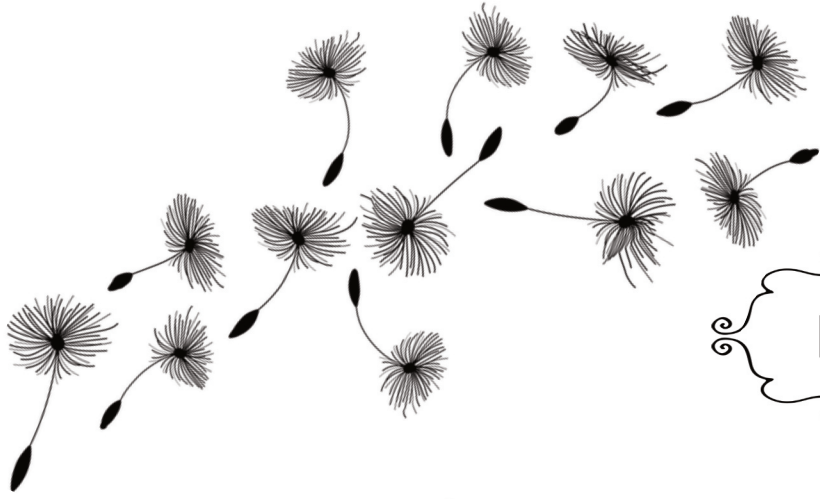
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Triggers

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

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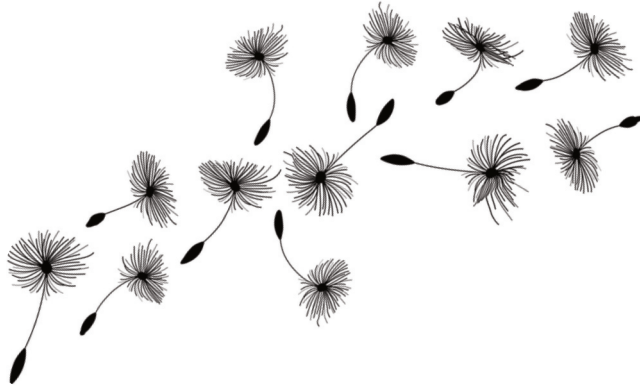
Reasons I'm Sad

Small Things	Medium Things	Big Things

Actions I Can Take to Fix Things or Feel Better







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

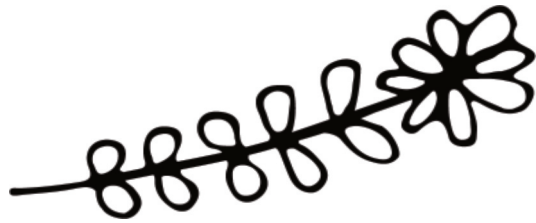




Date: _____



How Is My Health Today?



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



Date: _____

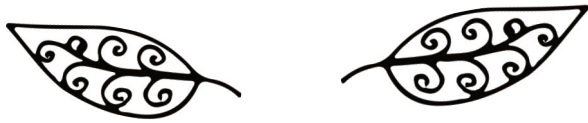
Regrets

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: _____

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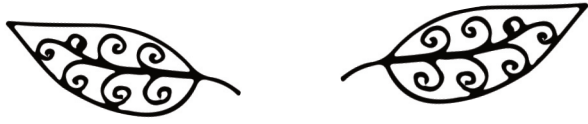
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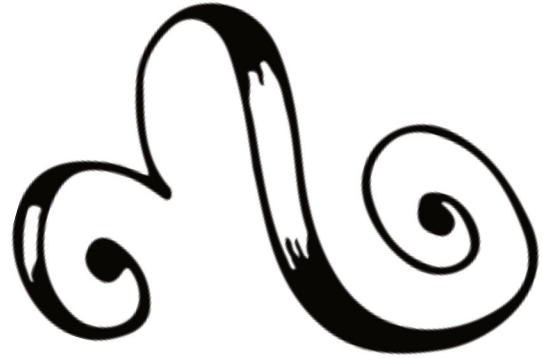
How I Can Change or Make Peace With the Outcome



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?



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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?





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