

# Gratitude Journal

**Gratitude** is one of many positive emotions. It's about focusing on what's good in our lives and being thankful for the things we have. **Gratitude** is pausing to notice and appreciate the things that we often take for granted, like having a place to live, food, clean water, friends, family, even computer access.

**In the right hand column, write down your answer to the prompts on the left. There is no right or wrong answer.**

<b>Monday</b>	<i>What made me smile today</i>	
	<i>A nice message I received today</i>	
	<i>Something I listen to that I am grateful for</i>	
<b>Tuesday</b>	<i>A meal I enjoyed today</i>	
	<i>A conversation I had today which I thankful for</i>	
	<i>Something that comforts me that I am grateful for</i>	
<b>Wednesday</b>	<i>An activity I enjoyed doing today</i>	
	<i>A funny moment today</i>	
	<i>Something I use every day at home that I am grateful for</i>	
<b>Thursday</b>	<i>A book / TV show / game I am enjoying currently</i>	
	<i>Someone that helped me today by..</i>	
	<i>Something in nature that I am grateful for</i>	
<b>Friday</b>	<i>A drink that I enjoyed today</i>	
	<i>A subject I study that I am grateful for</i>	
	<i>A person in my family that I am grateful for</i>	
<b>Saturday</b>	<i>A part of my health I am grateful for</i>	
	<i>Technology I am grateful for</i>	
	<i>A friend that I am grateful for</i>	
<b>Sunday</b>	<i>My highlight of the week</i>	
	<i>I felt proud of myself this week when</i>	
	<i>A member of staff I am grateful for</i>	

## My Personal Reflection - Summary of the week

*You can write or draw below your own thoughts of your week and consider how you have a better week next week*