

Gratitude Challenge

Instructions

WHO or WHAT are you GRATEFUL for and WHY? Did something good happen recently that you feel grateful for? Do you feel grateful for someone? It can be something special or important, or it can be something small—as long as it's a good thing or makes you feel good. Just be SPECIFIC so that you can record and recall meaningful events!

For example,

At home:

"I ate a delicious breakfast this morning because Mom/Dad took the time to cook me breakfast."

At school:

"A friend (or teacher) held the door open for me because he or she was being nice."

After school:

"My team won a game today because everyone worked hard all week".

"Watching something on YouTube" or "Playing a game because I got to a new level and/or figured out something out."

On the weekend:

"A neighbor (or relative) helped me with something because he or she knew what I needed (or wanted to help me)."

"Watched a movie with family (or friend/s) because it was fun/interesting or something I wanted to see or do."

Challenge yourself to find or see the good in your life every day. The more the better! It could be big or small things. It could be good people or things or it could be bad things that turned out less bad or bad things that thankfully didn't happen. You decide. Challenge yourself regularly and let's see what happens!

Here are different areas in your life that you could challenge yourself to find gratitude in: home, school, health, friendship, things you own, special occasions (for example, a trip or a party), kindness or support from others, an achievement or performance.

Gratitude Journal

Instructions

List 3 THINGS or PEOPLE you are GRATEFUL for today and say WHY. Do this twice a week. *For example, "My grandpa unexpectedly gave me a ride home from school because he didn't want me to walk home in the heat."*

Date: _____

Date: _____

Date: _____

Date: _____

Date: _____

Date: _____
