

# Gratitude Journal

## MORNING GRATITUDE PRAYER

Before you begin your day, list 10 things you're grateful for (big or small!).

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

## WHAT I'M LEARNING FROM MY CHALLENGES

List 3 challenging situations, people, or other obstacles and what good thing you're learning from this challenge.

1.  
I'm learning:
2.  
I'm learning:
3.  
I'm learning:

## PEOPLE I'M THANKFUL FOR

List 5 people who made your life a little happier today. They could be friends, family, or even strangers!

- 1.
- 2.
- 3.
- 4.
- 5.

## THE BEST PART OF MY DAY

Choose one moment of your day that made you happy and focus on it for 5 minutes before you go to sleep.

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LIFE EDITOR

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# GRATITUDE PROMPTS



1. A **strength**  of mine for which I am grateful is...
2. Something **money can't buy**  that I'm grateful for is...
3. Something that **comforts me**  that I'm grateful for is...
4. Something that's **funny** for which I'm grateful for is... 
5. Something **in nature**  that I'm grateful for is...
6. **A memory**  I'm grateful for is....
7. Something that **changes**  that I'm grateful for is....
8. A **challenge**  I'm grateful for is....
9. Something **interesting**  that I'm grateful for is...
10. Something **beautiful**  I'm grateful for is...

# 30 Days of GRATITUDE

[naturalbeachliving.com](http://naturalbeachliving.com)

Day 1. Smiles, hugs, & kisses

Day 2. Your favorite store

Day 3. Movie nights

Day 4. Librarians

Day 5. Your home

Day 6. Time

Day 7. Family

Day 8. Beauty

Day 9. Your heritage

Day 10. Firefighters

Day 11. Books

Day 12. Things money can't buy

Day 13. Pets/animals

Day 14. Your favorite holiday

Day 15: Art

Day 16. Your neighborhood

Day 17. The ability to learn

Day 18. Police Officers

Day 19. Friends

Day 20. Your job/school

Day 21. Weekends

Day 22. Traditions

Day 23. Music

Day 24. Your skills/talents

Day 25. Freedom

Day 26. Sunshine

Day 27. The future

Day 28. Food

Day 29. Yourself

Day 30. Life



# Gratitude

## Scavenger Hunt for Kids

1. Find something outside you enjoy looking at
2. Find something that is useful for you
3. Find something that is your favorite color
4. Find something you know someone else will enjoy
5. Find something that makes you happy
6. Find something that tastes good
7. Find something that smells amazing
8. Discover something new
9. Find something that makes you feel safe
10. Find something that makes a beautiful sound
11. Find someone you are grateful for
12. Find something that is unique to you
13. Find something that makes you laugh
14. Find something in the night that you enjoy
15. Find something in the morning that you enjoy
16. Find a friend/pet that you love spending time with
17. Find your favorite place to spend alone time
18. Find something that reminds you of the people you love
19. Find something that you enjoy doing outside with friends
20. Find a place that you love