

My Gratitude Journal

A 7-day journal for noticing small good things

This journal belongs to: _____

Age: _____ **Start date:** _____

How to use this journal

1. Do it at bedtime — lights low, no screens.
2. A grown-up goes first with a small, specific answer.
3. Draw or write. One sentence is a full answer.
4. Keep it to 3 minutes. Two weeks builds the habit.



Three good things

Draw it, write it, or ask a grown-up to scribe.

1 Something small and good that happened today

draw here

2 A person who made me smile

draw here

3 Something I'm looking forward to tomorrow

draw here



Three good things

Draw it, write it, or ask a grown-up to scribe.

1 A food I really enjoyed

draw here

2 A kindness someone showed me

draw here

3 Something my body got to do today

draw here



Three good things

Draw it, write it, or ask a grown-up to scribe.

1 Something that made me laugh

draw here

2 A person I want to thank

draw here

3 A place I liked being in

draw here



Three good things

Draw it, write it, or ask a grown-up to scribe.

1 Something I learned today

draw here

2 A hard thing I tried anyway

draw here

3 Something outside that caught my eye

draw here



Three good things

Draw it, write it, or ask a grown-up to scribe.

1 A favorite part of school today

draw here

2 A kindness I showed someone

draw here

3 A story or song I loved

draw here



Three good things

Draw it, write it, or ask a grown-up to scribe.

1 Someone I missed and got to see

draw here

2 A moment I felt cozy

draw here

3 Something I'm proud of

draw here



Three good things

Draw it, write it, or ask a grown-up to scribe.

1 A sound I enjoyed

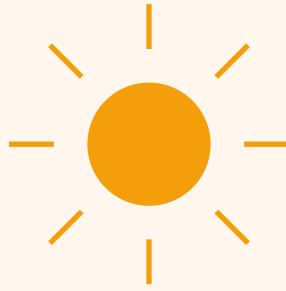
draw here

2 A time I helped without being asked

draw here

3 Something about my family I like

draw here



You did it!

Seven days of noticing the good.

What was your favorite entry this week?

Keep going

Grab a plain notebook and keep writing three good things a night.
Two weeks builds the habit — a lifetime keeps it.