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# Gratitude Journal

visit for critter crafts, kooky  
recipes crazy frog fun!

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name \_\_\_\_\_



more thoughts?

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I am Thankful!

People I am  
thankful for:



How does your family  
make your life better?

Things I am thankful for:

Who are your  
best friends?

What are your favorite  
foods?

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more thoughts?

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What were the last three nice things  
done for you by others?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

How did that make you feel?

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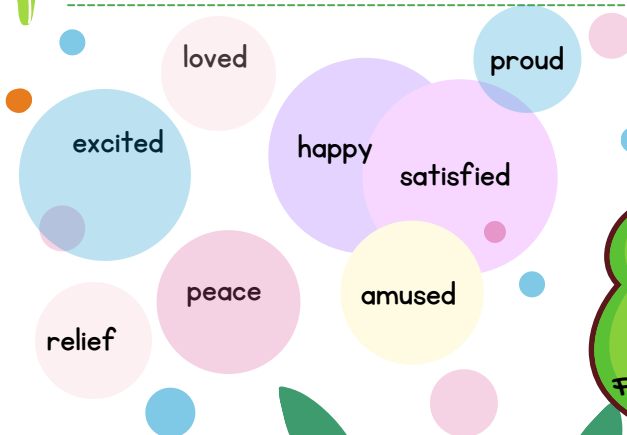
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more thoughts?

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who were the last five people you said,  
"Thank you," to? Why did you say it?

1  
why?

2  
why?

3  
why?

4  
why?

5  
why?

Thank you  
for  
listening.

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more thoughts?

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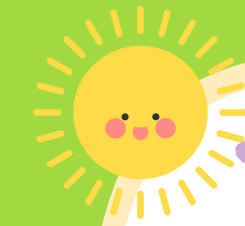
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my  
**happiest**  
memory is...



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More thoughts?

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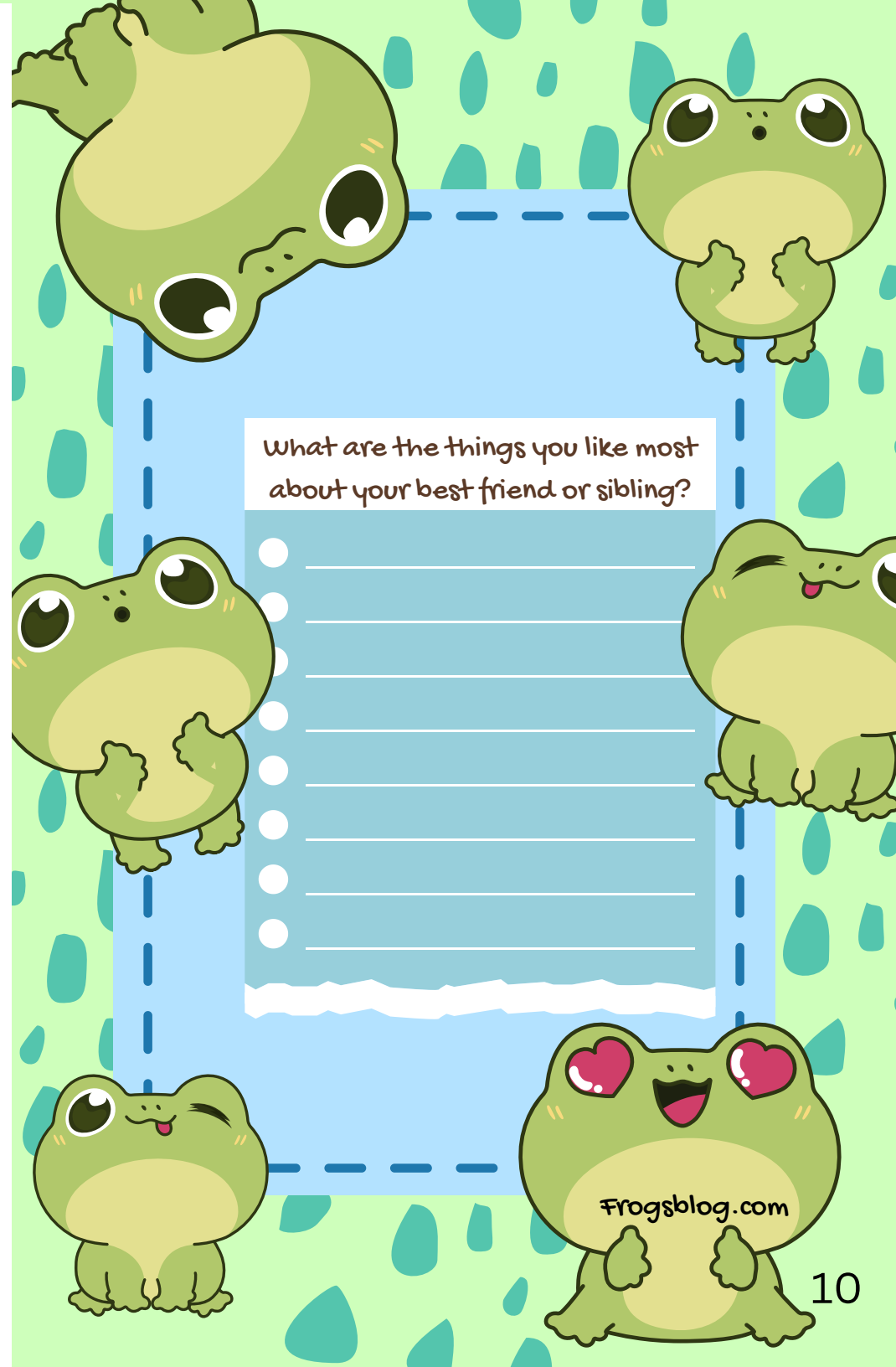
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more thoughts?

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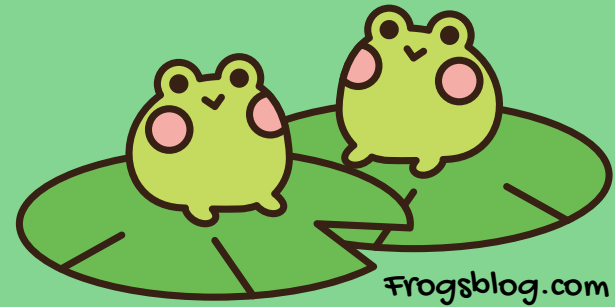
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What are a few nice things I can do  
to make others happy?



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More thoughts?

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