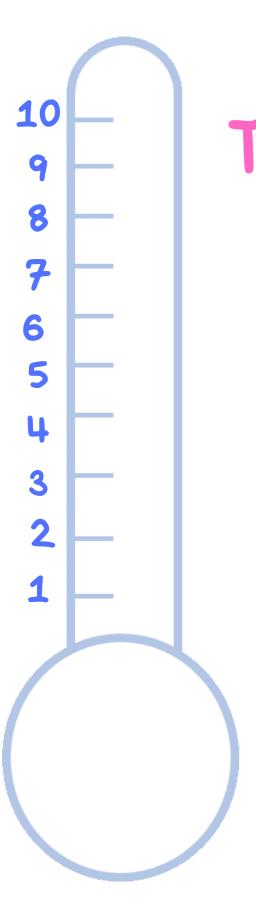


#### MY GRATITUDE JOURNAL

# What are you grateful for today?





### Happiness Thermometer

How do you feel today?

10 - Fantastic

9 - Great

8 - Better than Good

7- Really good

6- Good

5- Okay

4 - Mehh

3- Struggling

2 - Really not feeling my best

1 - Can't cope

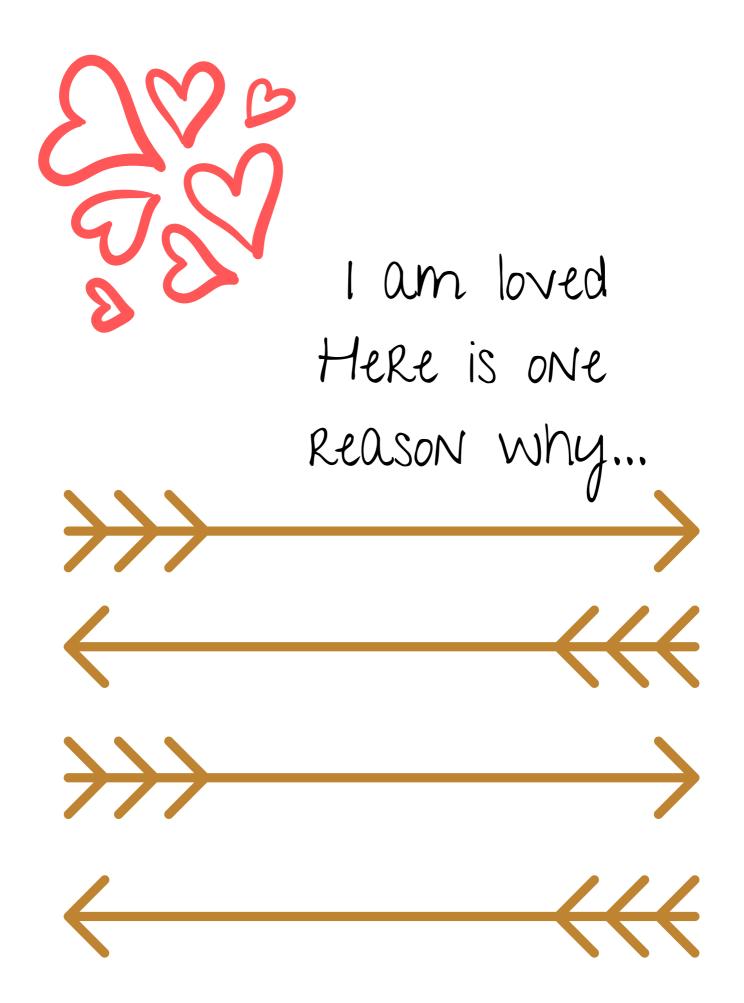
Colour your
Happiness Level



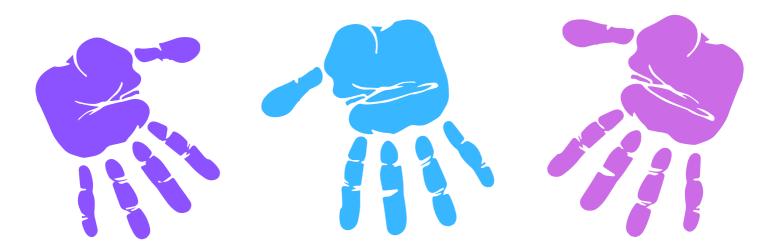
## Write down three good things that happened today...



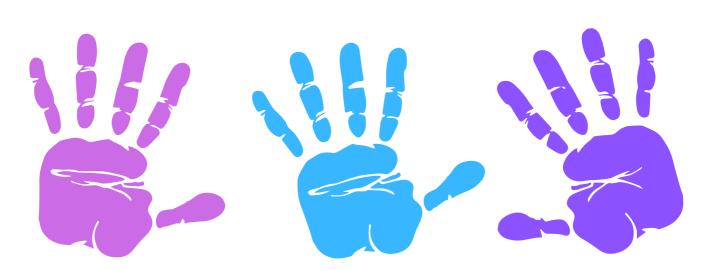








### who am I grateful for? why?











What are your favourite things about them?

Write about a friend you are grateful for..

What about them makes you happy?



"I am grateful for my friend because..."



# Draw or write about a happy memory...







#### Draw a happy memory you are grateful for

Why are you grateful for this happy memory?



