

Gratitude Record Page

Day: _____

Date: _____

The best thing about today is:

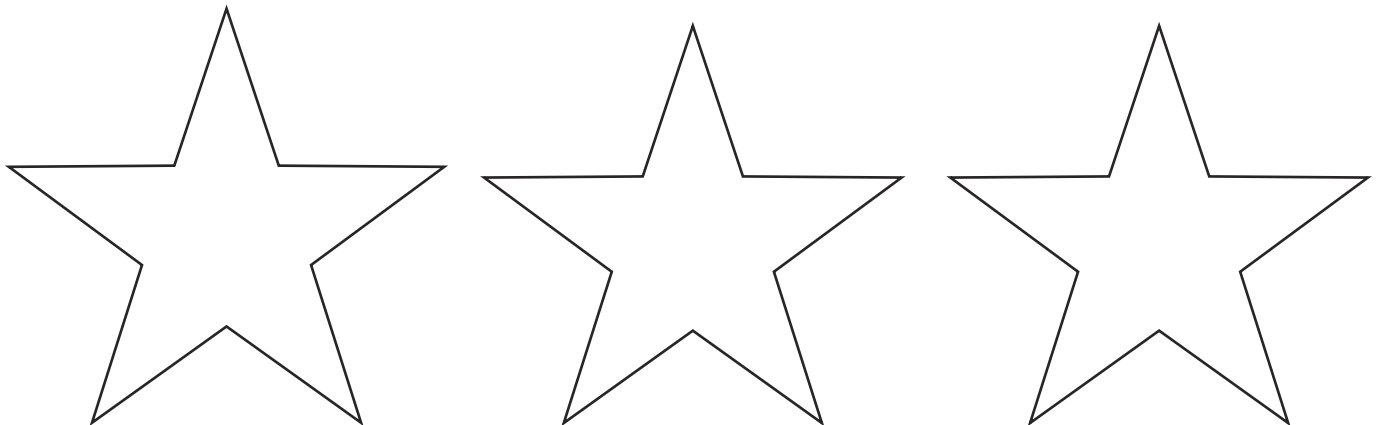
This is great because:

Relationships I am grateful for:



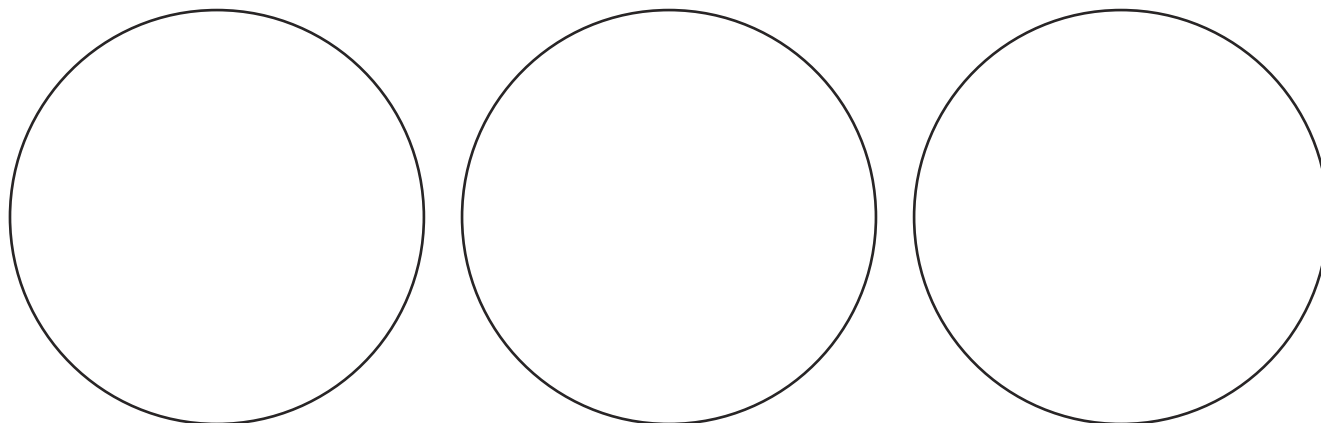
Something I have worked hard to achieve:

Three things I am looking forward to:

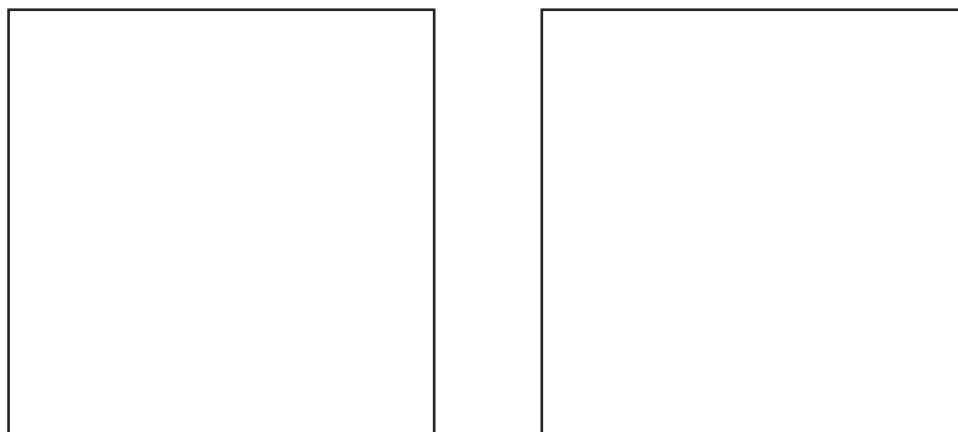


Something that is going well right now:

Three strengths I have:



People I know who will be there for support, guidance or to listen:



Two things I feel passionately about:

