

I am grateful for...

friends
family

On each line write the name of an important person in your life or be grateful for just one person add reasons why! Add color if you wish. You can make a similar page of your own in your gratitude journal or use the one above. Cut it out and paste it in a journal or collect the pages in a binder.

I am grateful for...

A large rectangular box with horizontal lines for writing. The word "friends" is written in cursive on the second line from the top.

On each line write the name of an important person in your life or be grateful for just one person add reasons why! Add color if you wish. You can make a similar page of your own in your gratitude journal or use the one above. Cut it out and paste it in a journal or collect the pages in a binder.

I am grateful for...

A large rectangular box with horizontal lines for writing. The word "family" is written in cursive on the fourth line from the top.

On each line write the name of an important person in your life or be grateful for just one person add reasons why! Add color if you wish. You can make a similar page of your own in your gratitude journal or use the one above. Cut it out and paste it in a journal or collect the pages in a binder.

Friends/Family Journal Prompts

- What do I notice about my body and mindset as I use this week's graphic in my gratitude journal? Is there something that is surprising there?
- Do I usually express gratitude for friends and/or family? Why or why not?
- How does documenting my gratitude make me feel?
- What are my general attitudes about friends and/or family?

Friends/Family Attitude Tracker

Expressing gratitude

Each day this week, find a way to express your gratitude to a family member or a friend who is important to you. Hold yourself accountable by keeping track below.
