

MY  
GRATITUDE  
JOURNAL

This journal belongs to:

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If lost, please return it to room:

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# THREE GOOD THINGS

Focus on the things in life that you are most thankful for. Think about it for a few minutes. Then please write down three things that you are most thankful for.

1.

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2.

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3.

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# GRADITUDE COUNTS!

During the day, think about each time you felt thankful. Write what happened to make you feel thankful. (You can write more than 3 things if you like to!)

1.

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2.

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3.

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# INTENTIONALLY HELPING

Please read the two situations. Based on the two situations, answer the following questions below.

Situation 1: “Emily was getting ready for school and forgot to pack something for afternoon snack. When she got to school she told her friend Mary that she forgot her snack. Mary accidentally packed two snacks, so she gave Emily her extra snack.”

Situation 2: “Paul’s favorite snack is Oreo cookies. Paul’s friend John knows that Paul loves Oreos, so John decided to pack an extra pack of Oreos to give to him. At lunch, John gave Paul the Oreos.”

## QUESTIONS:

1. Which friend went out of their way (intentionally) to help another student?

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2. How do you know that the friend intentionally helped the other student?

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3. How do you think the student felt when a friend intentionally helped?

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## BONUS\*\*\*

How could the student show the friend that he or she was grateful?

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Think of a time that someone went out of their way to help you. Read the question in the top box and write your answer in the bottom box.

What did the person do to help you?	How do you know that they intentionally helped you (helped you on purpose)?	How did that person's help make you feel?

# GRADITUDE COUNTS!

During the day, think about each time someone went out of their way to help you. What did this person do to help you? How did it make you feel? (You can write more than 3 things if you like to!)

1.

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2.

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3.

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Think of a time that someone went out of their way to help you. Read the question in the top box and write your answer in the bottom box.

What did the person do to help you?	What did it cost this person to help you (for example, was it their time, money, effort, talent)?	How did that person's help make you feel?

# GRADITUDE COUNTS!

During the day, think about each time someone went out of their way to help you. What did this person do to help you? What did this person give up to help you (money, time, energy)? How did it make you feel? (You can write more than 3 things if you like to!)

1.

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2.

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3.

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# I HAVE BEEN BENEFITED BECAUSE...

1.

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2.

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3.

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Think of a time that someone went out of their way to help you. Read the question in the top box and write your answer in the bottom box.

What did the person do to help you?	How the person's help benefit you?	How did that person's help make you feel?

# GRADITUDE COUNTS!

During the day, think about each time someone went out of their way to help you. What did this person do to help you? What did this person give up to help you (money, time, energy)? How did it benefit you? How did it make you feel? (You can write more than 3 things if you like to!)

1.

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2.

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3.

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Think of a time that someone went out of their way to help you. Read the question in the top box and write your answer in the bottom box.

What did the person do to help you?	How do you know that their help was intentional (or that they went out of their way)?	What did it cost that person to help you (for example, was it time, money, effort)?	How were you benefited by this person's help?	How did that person's help make you feel?

BONUS\*\*\*

What will you do to show your gratitude to this person for their help?

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# GIVING BACK!

