

GRATEFULNESS DIARY

storytime™



It is important to remind yourself about the good things you have in your life!
Take this sheet and write in three things you are grateful for every day.

MONDAY	TUESDAY	WEDNESDAY
<hr/> <hr/> <hr/>	<hr/> <hr/> <hr/>	<hr/> <hr/> <hr/>
THURSDAY	FRIDAY	SATURDAY
<hr/> <hr/> <hr/>	<hr/> <hr/> <hr/>	<hr/> <hr/> <hr/>
SUNDAY		
<hr/> <hr/> <hr/>		



Being grateful is a good way to build resilience - do it every day!