



# Gratitude Journal

Three Good Things

## Day 1

One good thing that happened to me today...

Something good that I saw someone do...

Today I had fun when...

## Day 2

Something I accomplished today...

Something funny that happened today...

Someone I was thankful for today...

## Day 3

Something I was thankful for today...

Today I smiled when...

Today I was proud of myself because...

## Day 4

One good thing that happened to me today...

Today was special because...

Something about today I'll always want to remember...

## Day 5

Something interesting that happened today...

Someone I was thankful for today...

Today I had fun when...

## Day 6

Something about today I will always remember ..

Something funny that happened today...

My favorite part of today...

## Day 7

Something I was happy about today...

Something good I saw someone do today...

Something I did well today...