



My Gratitude Journal

Definition of Gratitude-

The quality of being thankful; readiness to show appreciation for and to return kindness.

Synonyms of Gratitude-

gratefulness, thankfulness, recognition, appreciation

Benefits of Showing Gratitude Include:

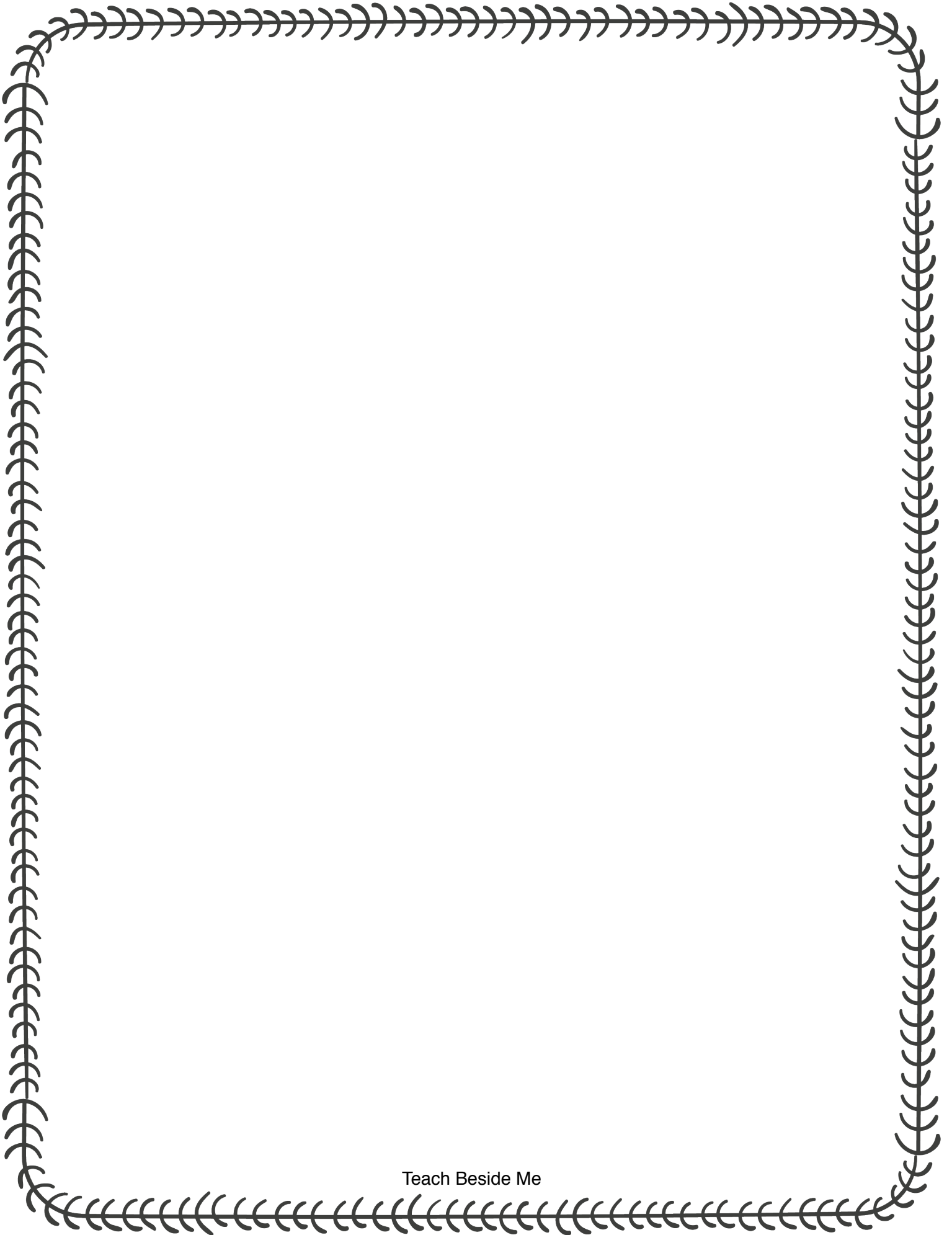
increased happiness, reduced materialism, improved self-esteem, improved physical health, increased mental strength, and better relationships with others.

Gratitude Journal

Practicing daily gratitude is important in so many ways. Each day write things that you are grateful to have in your life. It does not have to be big things. You can even find ways to be grateful for your challenges!

Date _____

Date _____



Teach Beside Me

Gratitude Journal

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