

List ten things you have a reason to be thankful for:

Even if they're really small things - like warm sun rays on your face

How are my challenges making me learn:

For example, if you have a conflict with someone, you may be learning how to handle yourself gracefully in difficult situations

The people in my life I'm really thankful for:

Make a list of special people in your life and why you're really thankful that you have them in your life

Things I'm looking forward to:

What are some great things and opportunities you're looking forward to? How can you have more such things?

Make a list of your most recent positive experiences and the little things you can be grateful for. The purpose of this exercise is to make yourself appreciate all the good things that are happening that you otherwise might just overlook.

Today I'm grateful for:

- _____
- _____
- _____
- _____
- _____

People I'm grateful for:

- _____
- _____
- _____
- _____
- _____

Something awesome that happened:

- _____
- _____
- _____
- _____
- _____

My best memories:

- _____
- _____
- _____
- _____
- _____

Best parts of my day:

- _____
- _____
- _____
- _____
- _____

Things that made me smile:

- _____
- _____
- _____
- _____
- _____