



GRATITUDE WORKBOOK

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GRATITUDE

is one of many positive emotions.
It's about focusing on what's good
in our lives and being
GRATEFUL
for the things we have.



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A-Z of GRATITUDE

For each letter, write something you are grateful for.

A

L

W

B

M

X

C

N

Y

D

O

Z

E

P

F

Q

G

R

H

S

I

T

J

U

K

V

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GRATITUDE LETTER

Write a thank you note to someone for something they have done for you.

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REFLECTION

I am fortunate because:

What you are thankful for today?

Today will be great because:

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GRATITUDE STARS

Cut out these stars out, and give them to others.

Thanks for
making me
smile
today.

Thanks for
being there
for me
today.

I appreciate
what you did
for me
today.

Thanks for
listening to
me today.

Thanks for
being kind to
me today.

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MORE GRATITUDE STARS

Cut out these stars out, and give them to others.

Thanks for
helping me
today.

Thanks for
sharing
with me
today.

I am thankful
for everything
you do.

I am
thankful for
your sense
of humor.

Thanks for
always being
there
for me.

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