

## Daily Gratitude

# I'm Thankful

**for:** Write down five things you are thankful for:

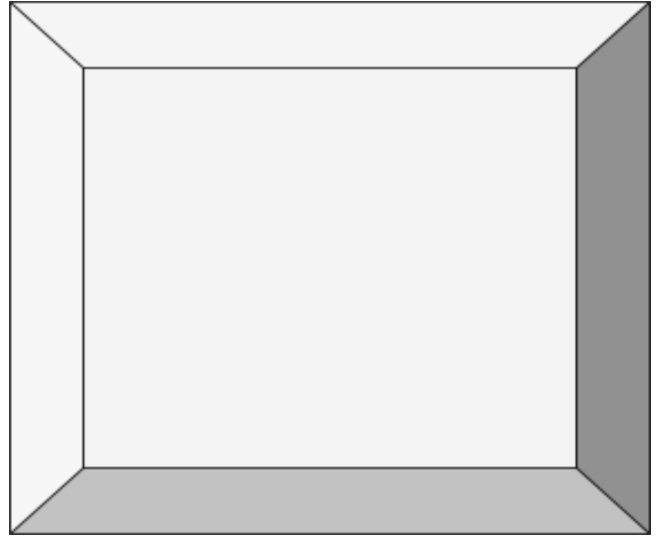
- 1.
- 2.
- 3.
- 4.
- 5.

## I Love Myself

List 2 reasons you love yourself:



**Today was:** Write or draw one thing about today that made you happy



**List Three people you are grateful for:**

- 1.
- 2.
- 3.

