

LITTLE BOOK
OF
Gratitude

TAKING TIME TO WORK ON
GRATEFULNESS IN YOUR LIFE

Take care of your Mind, Body & Soul.

Gratitude is the experience of being thankful;
a personal appreciation for happiness and
kindness in your life.

Maintaining a healthy sense of gratitude is
a journey and it can be challenging to keep up
with the habit alongside our busy lives.

You are taking the first step by opening this book!

How to use this book:

Sit down and fill out a task while placing a focus
on the present moment. Use this time to find
calmness within.

My Gratitude Vision Board

*Take time to find or make your own images
which visually express your gratitude goals.
Cut and paste them here to create a vision board.*

A Grateful Day

Today I feel grateful for:

1.

2.

3.

Love Your Home

Describe the place you live.
What are you most grateful for in this space?

My Community

These are my favourite people:

[illegible]

Feeling Safe

What is something or someone that makes you feel safe?

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

Personal Reflection

List five skills you have learned since becoming an adult.

1.

2.

3.

4.

5.

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Be Proud

Write about something you are proud of in your professional life.

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

Personal Connection

Brainstorm ways to show gratitude towards those closest to you:

Gratitude Practice

What artist, author, or musician are you grateful for?

Name:
What they do:
I feel grateful because they...

Moments Matter

Describe today's best moment:

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Gratitude Moment

What is a tradition that you are grateful for?

[illegible]

Thoughts & Ideas

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

I am thinking about...

Emotional check-in:

Today I feel happy about:	Today I am struggling with:
One thing I can do for someone else today:	

Inspiration & Notes

[illegible]

Mindful Thoughts

Write down gratitude quotes and thoughts that come to mind.

1.

6.

2.

7.

3.

8.

4.

9.

5.

10.

Gratitude Practice

Write about why you should be grateful for your body as it is now.

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper has a slight shadow on its right side, suggesting it's resting on a surface.

Be Nice

Think about the people that have been nice to you over time. Think about an opportunity to be nice to someone as well. Write down your thoughts.

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Best Qualities

Describe your top five best qualities.

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

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**A grateful heart is a
magnet for miracles.**

Thoughts & Ideas

Best Friend

Think about your best friend and why they are important to you.

[illegible]

Turn Things Around

What is something that makes you angry?
List three things you could do to turn things around.

- 1.
- 2.
- 3.

A Beautiful Smile

What made you smile today?

[illegible]

Movies You Love

Think about a movie that resonates with you.
Write down how it makes you feel and why you love it.

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Best Place

Write about your favourite place to go.

Describe how it makes you feel.

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A Better Person

What did your parents teach you growing up that made you a better person?

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Be thankful for
what you have. You
never know what
happens next.

Inspiration & Notes

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.[illegible]

Think about your loved ones.
Write about why you are grateful for them.

Write about why you are grateful for them.

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What or who makes life more meaningful to you?

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Be Proud

Today I was proud of myself because...

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A Grateful Day

Today I feel grateful for:

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Thoughtful Action

Do one thing today to show your appreciation for someone you're grateful for.
Write about their reaction. How did it make you feel?

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Gratitude Practice

List ten things you take for granted and how you can be more grateful for these.

1.	6.
2.	7.
3.	8.
4.	9.
5.	10.

Good Things

Write about three good things that happened today.

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Gratitude Practice

What about your upbringing are you most grateful for?

[illegible]

Grateful Message

Use technology to send three gratitude messages today. Let them know why you appreciate them and then write about how it made you feel.

[illegible]

Reflect On Your Past

Describe a negative past experience that has led to a positive outcome.

[illegible]

Emotional check-in:

Today I feel happy about:	Today I am struggling with:
One thing I can do for someone else today:	

Inspiration & Notes

[illegible]

Thoughts & Ideas

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I am thinking about...

Change Your Perspective

Think about someone who is experiencing misfortune.

List some things you can do to help them.

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Learning Curves

Write about a hard lesson you learned but are grateful for.

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Thank Yourself

List some qualities you like about yourself and why.

1.

2.

3.

4.

5.

Your Career

How does your career enhance your skills or make you a better person in general?

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When gratitude
becomes your
default setting,
life changes.

Thoughts & Ideas

Positive Vibe

Write about the most positive thing that happened today.

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Future Hopes

Describe three things you're looking forward to.

- 1.
- 2.
- 3.

Exciting Day

List three reasons you're excited about tomorrow.

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+

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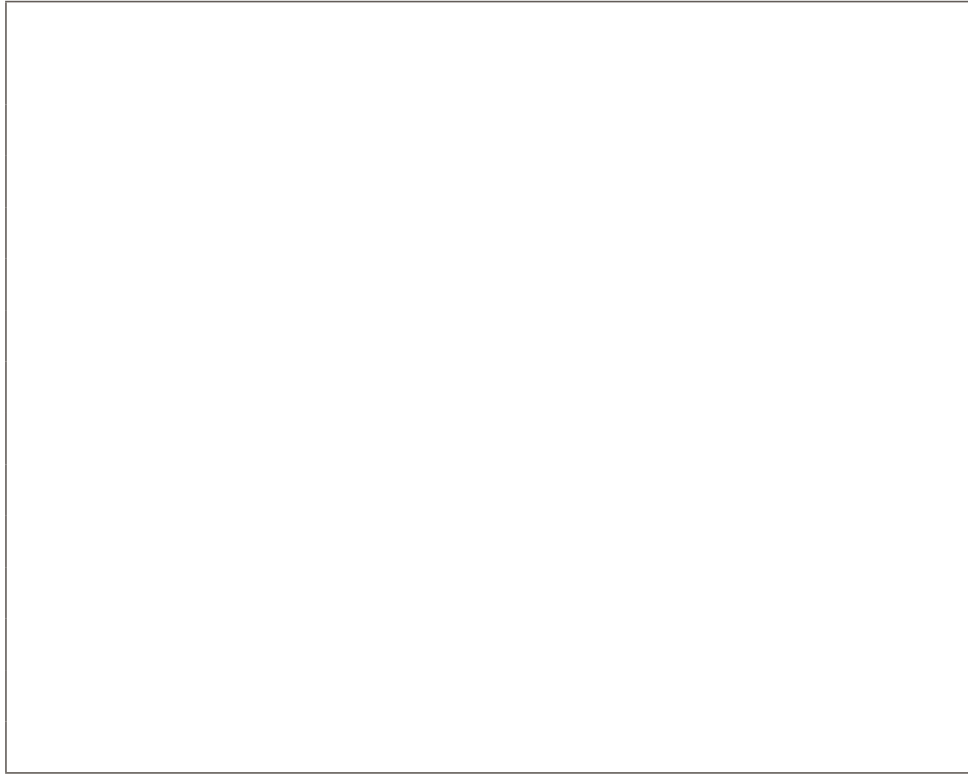
Perfect Day

Describe a 'perfect day' that you've recently had.

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A Grateful Day

Draw some things you feel grateful for today.



Best Friend

Make a list of things you think could make your closest friend special.

1.

2.

3.

4.

5.

- +

Start each day with
a positive thought.

I am thinking about...

Notes

Favourite Smell

Write about your favourite smell. Why do you like it?

[illegible]

In The Kitchen

What is a recipe you are known for or would like to be known for?

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Beautiful People

List ten things you think make a person genuinely beautiful.

1.	6.
2.	7.
3.	8.
4.	9.
5.	10.

Love Yourself

List the qualities you love about yourself.

1.
2.
3.
4.
5.

Little Changes

List five small positive changes that you have made in your life.

1.

2.

3.

4.

5.

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Positive Impact

Think about a positive impact that your parents had on you and list three things.

1.

2.

3.

Lessons Learned

List what lessons you have learned recently.

1.

2.

3.

4.

5.

Things Around You

Is it Summer, Autumn, Winter or Spring?

What do you like about the current season?

Success Story

Describe the time in your life when you did something challenging and succeeded.

Thanking Me

Think about something good you did recently
and write yourself a thank you note.

Thank you for...

Inspiration & Notes

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Emotional check-in:

Today I feel happy about:	Today I am struggling with:
One thing I can do for myself today:	

Thoughts & Ideas

Think about what gratitude means to you. Write it down.

Think about what gratitude means to you. Write it down.

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Name one way in which you are more fortunate than others.
How does this make you more thankful?

Name one way in which you are more fortunate than others.

How does this make you more thankful?

[illegible]

Love Nature

Describe what you love about nature and why.
It could be a specific place or season.

[illegible]

Lessons Learned

List five valuable lessons you learned from your past mistakes.


[illegible]

Never let the things
you want make
you forget the things
you have.

Feeling thankful for...

[illegible]

I am happy about...



Cheer Up

Write about something that always cheers you up if you're having a bad day.

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Daily Routine

What is your favourite part of your daily routine?

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What is your favourite way to make someone happy?

What is your favourite way to make someone happy?

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What's an accomplishment you're proud of?

What's an accomplishment you're proud of?

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Describe your favourite activity that you enjoy doing.

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What is today's weather like? How is it affecting your mood?

[illegible]

Life is a series
of tiny miracles.
Notice them.

Notes

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Good Changes

Write about one aspect of your life that has changed for the better in the last year.

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Memories

List five memories you are grateful for.

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

Things Around You

What do you love about rain?

A Grateful Day

Today I feel grateful for:

Morning Ritual

Describe your favourite morning ritual.

Describe your favourite morning ritual.

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First Time

What was something you did for the first time recently?

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Love Yourself

List three things that you love about your body

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Creative Outlet

What is your favourite creative outlet?

How does it make you feel?

True Value

Write about what you value the most.

[illegible]

Gratitude Practice

What are a few ways you can appreciate your health?

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Emotional check-in:

Today I feel happy about:	Today I am struggling with:
One thing I can do for someone else today:	

I am thinking about...

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Draw it out...

Write about a time you laughed until you cried.

Write about a time you laughed until you cried.

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Make some notes about the lowest point of your life.
List some things that show how your life is better now.

Make some notes about the lowest point of your life.
List some things that show how your life is better now.

[illegible]

Cherished Memories

Describe the memory you cherish the most.

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Gratitude Practice

Look outside your window and list ten things you're thankful for.

Look outside your window and list ten things you're thankful for.

[illegible]

**Thankful.
Incredibly grateful.
I am blessed.**

Inspiration & Notes

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Find Your Inspiration

What source of inspiration are you most grateful for?

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Gratitude Practice

Write about three things that you are grateful for today.

- 1.
- 2.
- 3.

Give Compliments

List five compliments you can give to others.

1.

2.

3.

4.

5.

+

Reflect On You

Describe a recent time when you truly felt at peace.

A Grateful Day

Today I feel grateful for:

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Musical Memories

What songs do you listen to over and over again?

Write about why these boost your mood.

- 1.
- 2.
- 3.

The root of joy
is gratefulness.

Notes

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Scribbles...

Gratitude In Your Life

What do you hope to achieve by practising gratitude more in your life?

[illegible]

My Personal Life

What is the biggest accomplishment in your personal life?

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Great Opportunity

Describe a current opportunity you're grateful for.

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About You

List five things you think people like the most about you.

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

+

A Really Great Holiday

Write about a holiday you had and feel thankful for going on.

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Gratitude Moment

What book(s) are you grateful for? Why?

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Reflect On Your Day

What was the best part of your day?

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Reflect On Your Past

List ten things you have now that you didn't have five years ago.

1.	6.
2.	7.
3.	8.
4.	9.
5.	10.
Notes:	

Everyday Things

List five things in your life that you've been taking for granted.

1.

2.

3.

4.

5.

+

The First Time

What is something you would like to experience for the first time again?

Inspiration & Notes

Emotional check-in:

Today I feel happy about:	Today I am struggling with:
One thing I can do for my family today:	

I feel thankful for:

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What are you most grateful for about your job?

What are you most grateful for about your job?

[illegible]

List ten hobbies and activities that bring you joy.

List ten hobbies and activities that bring you joy.

1.	6.
2.	7.
3.	8.
4.	9.
5.	10.

A Kind Gesture

Describe a gesture of kindness that someone did for you today.

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Who You Are

What are some things you love about your personal style?

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**When you are
feeling grateful, fear
disappears and
abundance appears.**

Thoughts & Ideas

Support Circle

List the people who support you.
Can you do something nice for them this week?

Good Buys

What is a recent purchase that has added value to your life?

Letting Go

Who or what in your life are you happy to have let go of in the past.

[illegible]

Lessons Learned

Make a list of five things you've learned recently.

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

+

If we didn't learn a
lot today, at least we
learned a little.

Scribble time...



Inspiration & Notes



Notes

Notes

Notes

Notes

Notes

Gratitude turns what
we have into enough.