

Count my blessings

Gratitude Journal

EVERYTHING
YOU'VE GOT
WILL GET YOU TO
THE TOP!



Count my blessings

Gratitude Journal

someone
I love:

1

A freedom
that I have:

2

A lovely place
I can go:

3

Beautiful words
that I've heard:

4

A special memory
that I have:

5

Somebody that
makes me laugh:

6

A favorite
melody:

7

A food that
makes me feel
fuzzy inside:

8

A favorite spot
in the house:

9

My favorite
place in
nature:

10

Someone I can hug
anytime:

11

A goal I
achieved:

12

Someone to
ask for advice:

13

A friend to
team up with:

14

My favorite
talent:

15

A special movie
scene:

16

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A WISH THAT
CAME TRUE:

17

A historic
figure I can look
up to:

18

A person I
have helped:

19

A good
decision I
made:

20

A weakness
I can admit:

21

Healthy food
I can enjoy:

22

A FAVORITE
BOOK THAT
SPEAKS TO ME:

23

something I
can let go
of:

24

A person
that cares
about my
health:

25

An improve-
ment I made:

26

someone that
cheers for me:

27

A dance
move that
makes me
feel good:

28

My favorite
challenge:

29

Someone I
want to make
happy:

30

something that
belongs only to
me:

31

A thing I
could talk
about all day
long:

32