



grateful

Starting a gratitude practice is as easy as 1, 2, 3.

Start your gratitude practice by simply writing down three things a day that you are grateful for. Use this journal as your guide.

3 THINGS A DAY. EVERY DAY.

HERE ARE SOME QUESTIONS TO GET YOU STARTED:

Who are you feeling grateful for in your life?

What opportunities are you grateful for?

What memories are you grateful for today?

What sights or sounds are you grateful for in this moment?

What lessons have you learned that you are grateful for?

Where can you find more moments of gratitude?



3 THINGS A DAY. EVERY DAY.



TODAY I'M

grateful

FOR

1. *the sunshine*

2. *my family*

3. *a warm bed*

3 THINGS A DAY. EVERY DAY.

TODAY I'M

grateful

FOR

1.

2.

3.



3 THINGS A DAY. EVERY DAY.



TODAY I'M

grateful

FOR

1.

2.

3.

3 THINGS A DAY. EVERY DAY.



TODAY I'M

grateful

FOR LESSONS I'VE LEARNED THIS YEAR

1.

2.

3.

3 THINGS A DAY. EVERY DAY.



TODAY I'M

grateful

FOR OPPORTUNITIES TO GROW & IMPROVE

1.

2.

3.

3 THINGS A DAY. EVERY DAY.



TODAY I'M

grateful

FOR PEOPLE WHO HAVE HELPED ME

1.

2.

3.

3 THINGS A DAY. EVERY DAY.



TODAY I'M

grateful

FOR MY HOPES & DREAMS

1.

2.

3.

3 THINGS A DAY. EVERY DAY.



TODAY I'M

grateful

FOR THESE MEMORIES

1.

2.

3.



Brighten Up Your Thanksgiving Table with

grateful leaves

1. Cut out different shapes of leaves from colored construction paper
2. Write a message of gratitude on each leaf
3. Attach the leaves to a branch, scatter them on your table or place them all around your room



*we are grateful
for you*



This Gratitude Journal was inspired by our friends at Camp Ramah in California.

ramahdarom.org