

My Week of Gratitude

NAME: _____

When asked if my cup is half-full or half-empty, my only response is that I am thankful I have a cup. – *Sam Lefkowitz*

DAY 1

Date: _____

Today's Score:
1 2 3 4 5

Today I am grateful for: _____

My BIG WIN today: _____

DAILY AFFIRMATIONS

I am _____

DAY 2

Date: _____

Today's Score:
1 2 3 4 5

Today I am grateful for: _____

What makes today great: _____

DAILY AFFIRMATIONS

I am _____

DAY 3

Date: _____

Today's Score:
1 2 3 4 5

Today I am grateful for: _____

Share 2 positive thoughts: _____

DAILY AFFIRMATIONS

I am _____

DAY 4

Date: _____

Today's Score:
1 2 3 4 5

Today I am grateful for: _____

Who is someone you care about and why: _____

DAILY AFFIRMATIONS

I am _____

DAY 5

Date: _____

Today's Score:
1 2 3 4 5

Today I am grateful for: _____

What is something you are excited about: _____

DAILY AFFIRMATIONS

I am _____

My Week of Gratitude

NAME: _____

“Gratitude and attitude are not challenges; they are choices.” – Robert Braathe

DAY 1

Date: _____

Today's Score:
1 2 3 4 5

Today I am grateful for: _____

What do you enjoy when outdoors: _____

DAILY AFFIRMATIONS

I am _____

DAY 2

Date: _____

Today's Score:
1 2 3 4 5

Today I am grateful for: _____

What makes you laugh: _____

DAILY AFFIRMATIONS

I am _____

DAY 3

Date: _____

Today's Score:
1 2 3 4 5

Today I am grateful for: _____

What talents are you thankful for: _____

DAILY AFFIRMATIONS

I am _____

DAY 4

Date: _____

Today's Score:
1 2 3 4 5

Today I am grateful for: _____

How do you show gratitude to your friends: _____

DAILY AFFIRMATIONS

I am _____

DAY 5

Date: _____

Today's Score:
1 2 3 4 5

Today I am grateful for: _____

What is something you learned this week: _____

DAILY AFFIRMATIONS

I am _____

My Week of Gratitude

NAME: _____

"When I started counting my blessings, my whole life turned around." — *Willie Nelson*

DAY 1

Date: _____

Today's Score:
1 2 3 4 5

Today I am grateful for: _____

What activity did you enjoy most lately: _____

DAILY AFFIRMATIONS

I am _____

DAY 2

Date: _____

Today's Score:
1 2 3 4 5

Today I am grateful for: _____

What do you like about school the most: _____

DAILY AFFIRMATIONS

I am _____

DAY 3

Date: _____

Today's Score:
1 2 3 4 5

Today I am grateful for: _____

What was the best gift you gave someone: _____

DAILY AFFIRMATIONS

I am _____

DAY 4

Date: _____

Today's Score:
1 2 3 4 5

Today I am grateful for: _____

Describe your favorite sound or smell: _____

DAILY AFFIRMATIONS

I am _____

DAY 5

Date: _____

Today's Score:
1 2 3 4 5

Today I am grateful for: _____

What do people like about you: _____

DAILY AFFIRMATIONS

I am _____

My Week of Gratitude

NAME: _____

"It is not joy that makes us grateful; it is gratitude that makes us joyful." — David Steinnall-Rast

DAY 1

Date: _____

Today's Score:
1 2 3 4 5

Today I am grateful for: _____

What is your favorite holiday and why: _____

DAILY AFFIRMATIONS

I am _____

DAY 2

Date: _____

Today's Score:
1 2 3 4 5

Today I am grateful for: _____

Who makes your life better and why: _____

DAILY AFFIRMATIONS

I am _____

DAY 3

Date: _____

Today's Score:
1 2 3 4 5

Today I am grateful for: _____

What is something good about the weather today: _____

DAILY AFFIRMATIONS

I am _____

DAY 4

Date: _____

Today's Score:
1 2 3 4 5

Today I am grateful for: _____

What do you look forward to after school: _____

DAILY AFFIRMATIONS

I am _____

DAY 5

Date: _____

Today's Score:
1 2 3 4 5

Today I am grateful for: _____

What makes you happy when you are down: _____

DAILY AFFIRMATIONS

I am _____

My Week of Gratitude

NAME: _____

"If we magnified blessings as much as we magnify disappointments, we would all be much happier." — *John Wooden*

DAY 1

Date: _____

Today's Score:
1 2 3 4 5

Today I am grateful for: _____

List all the things in this room you are thankful for: _____

DAILY AFFIRMATIONS

I am _____

DAY 2

Date: _____

Today's Score:
1 2 3 4 5

Today I am grateful for: _____

What is your favorite emotion and why: _____

DAILY AFFIRMATIONS

I am _____

DAY 3

Date: _____

Today's Score:
1 2 3 4 5

Today I am grateful for: _____

What is a goal for this school year: _____

DAILY AFFIRMATIONS

I am _____

DAY 4

Date: _____

Today's Score:
1 2 3 4 5

Today I am grateful for: _____

What is your favorite snack you enjoy: _____

DAILY AFFIRMATIONS

I am _____

DAY 5

Date: _____

Today's Score:
1 2 3 4 5

Today I am grateful for: _____

What makes you feel safe: _____

DAILY AFFIRMATIONS

I am _____
