My Gratitude List

Monday

1. Something I am grateful for: _____
2. A person I am thankful for: _____
3. This is what I like about myself: _____

Tuesday

1. Something I am grateful for: _____
2. A person I am thankful for: _____
3. This is what I like about myself: _____

Wednesday

1. Something I am grateful for: _____
2. A person I am thankful for: _____
3. This is what I like about myself: _____

Thursday

1. Something I am grateful for: _____
2. A person I am thankful for: _____
3. This is what I like about myself: _____

Friday

1. Something I am grateful for: _____
2. A person I am thankful for: _____
3. This is what I like about myself: _____

Saturday

1. Something I am grateful for: _____
2. A person I am thankful for: _____
3. This is what I like about myself: _____

Sunday

1. Something I am grateful for: _____
2. A person I am thankful for: _____
3. This is what I like about myself: _____