



A WEEK OF GRATITUDE

Worksheet

Jot down three things you're grateful for every morning and evening for a whole week. Post it on your fridge to appreciate, or print another worksheet and do it again! This is a great activity to share with a pal, kiddos, or the whole fam.



Morning Gratitude



Evening Gratitude

Mon

1. _____
2. _____
3. _____

1. _____
2. _____
3. _____

Tu

1. _____
2. _____
3. _____

1. _____
2. _____
3. _____

Wed

1. _____
2. _____
3. _____

1. _____
2. _____
3. _____

Th

1. _____
2. _____
3. _____

1. _____
2. _____
3. _____

Fri

1. _____
2. _____
3. _____

1. _____
2. _____
3. _____

Sat

1. _____
2. _____
3. _____

1. _____
2. _____
3. _____

Sun

1. _____
2. _____
3. _____

1. _____
2. _____
3. _____

