

Why I Am Grateful

Date / Time

So far today, have you brought kind awareness to your:

☐ Thoughts? ☐ Heart? ☐ Body? ☐ None of the Above

Sometimes things get tough to handle. We may feel disheartened, sad, or even hopeless to achieve our goals. It is at these times of uncertainty that it is important to remember what we are grateful for and what keeps us motivated to be the best we can be.

Below is a gratitude list. Complete the list by providing answers for each category and a brief description of why they were chosen to fill the slot.

A goal for the future

2 Activities that make me happy

1.
2.

2 Things that keep me motivated

1.
2.

2 Things that make me proud

1.
2.

2 People I am grateful for

1.
2.

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Why I Am Grateful

2 Memories I am grateful for

1.
2.

2 Things that give me hope

1.
2.



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