



# The Gratitude CHECKLIST

*Use this checklist as prompts for your journaling. Go through the prompts one by one and write the first thing that comes to mind*

- Three things I am grateful for today are...
- The people I am grateful for in my life are... because...
- One of my greatest strengths is...
- A memory that I treasure is.... because...
- A fear that I have overcome is... and that makes me feel....
- An accomplishment that I am proud of is...
- The best 3 things that happened to me today are...
- 3 things about my body that I love are...
- A small act of kindness that someone did for me recently is ....
- A lesson that I learned from a difficult experience that I appreciate is....