

# My Gratitude Journal

A Year-End Reflection of Things  
That Made Me Smile

Name:

\_\_\_\_\_



Independently reviewed by the Be You Programs Directory



# What Made Me Smile This Year?

Write about 3 things that made you happy this year.

Think about fun times, people, or moments that brought joy

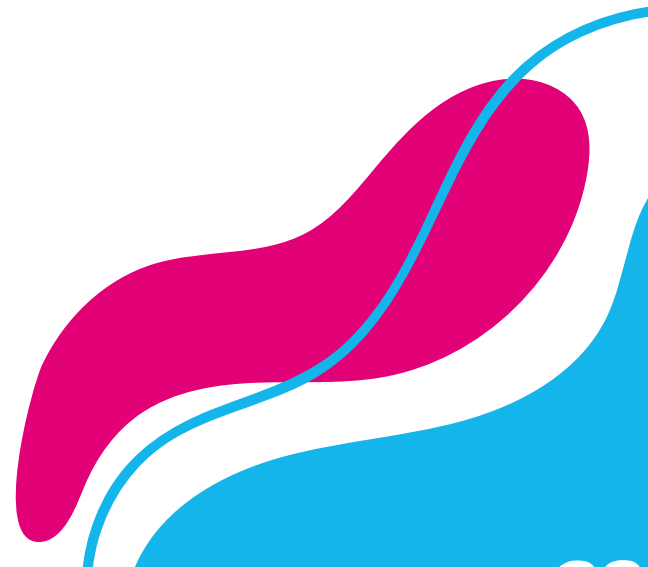
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## My Favourite Memories

What are your 5 favourite memories from this year? Write or draw them below.

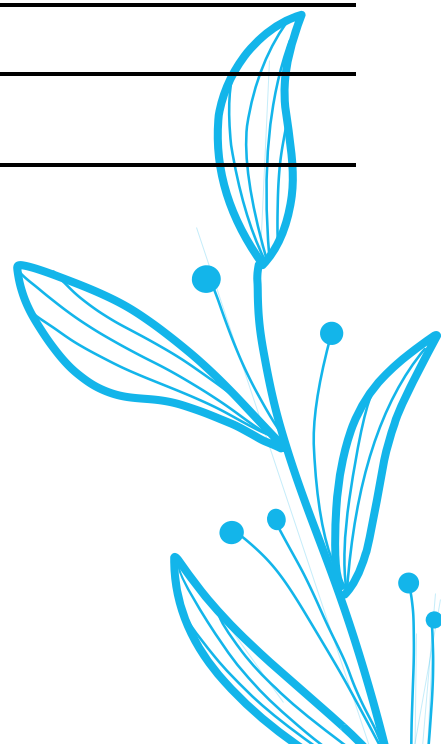
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# My Gratitude List

I am thankful for these 10 things.  
Write them here.

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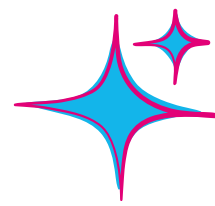
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# My Support Team

Who helped you this year? Write about the people who cared for or supported you.

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## A Letter of Thanks

Write a thank-you note to someone who made your year better.

Use the template below:

Dear \_\_\_\_\_, Thank you for \_\_\_\_\_.

You made me feel \_\_\_\_\_. From,

\_\_\_\_\_

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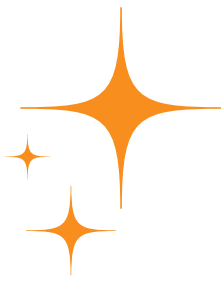
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## Gratitude and Nature

What do you love about nature? Write or draw how the outdoors made you happy this year.

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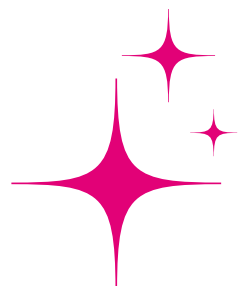
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## Kind Things I Did

What kind things did you do this year? Write about ways you helped others or made them smile.

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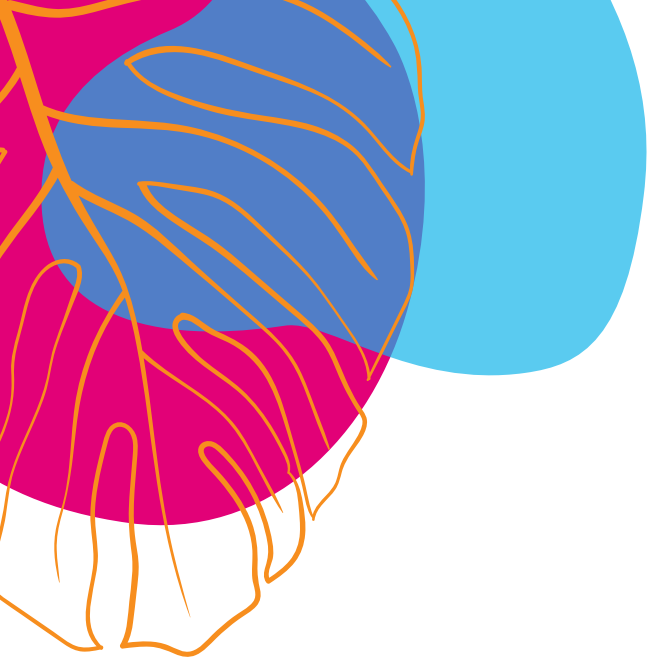
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## What I'm Excited About Next Year

What are you looking forward to next year?

Write or draw 3 things that make you excited!

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# My Gratitude Promise

How will you show gratitude next year?

Write a promise about how you'll thank others or  
appreciate good things in your life

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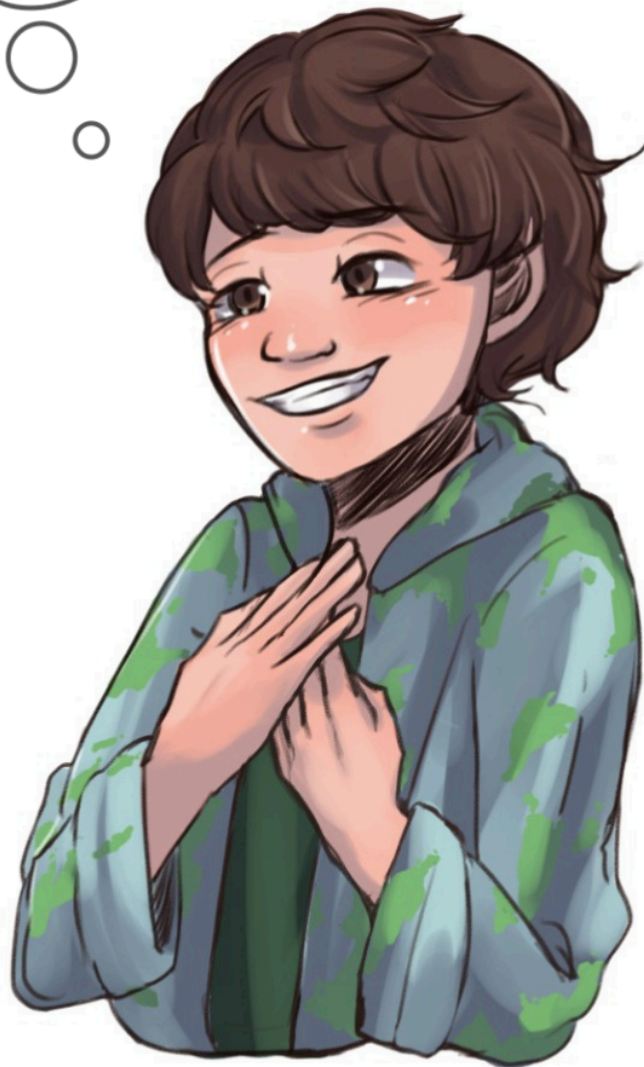
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# GRATEFUL



[www.lifeskillsgroup.com.au](http://www.lifeskillsgroup.com.au)

**What happens when  
you feel grateful?**

**When do you feel  
grateful?**

**Where in your body do  
you feel grateful?**



[www.lifeskillsgroup.com.au](http://www.lifeskillsgroup.com.au)