



# GRATITUDE MINI JOURNAL

Create a small gratitude mini journal and kick start a new gratitude journaling habit!

## What You'll Need

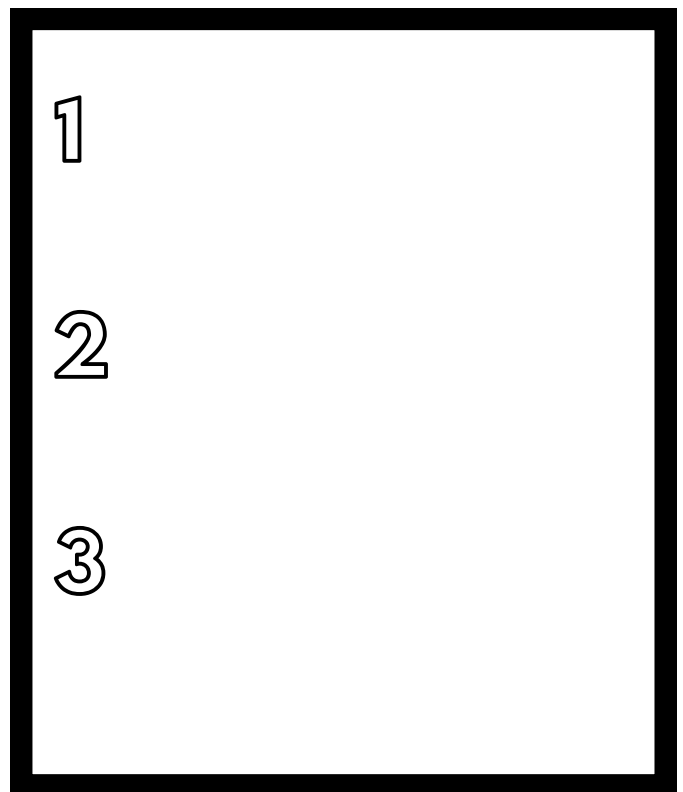
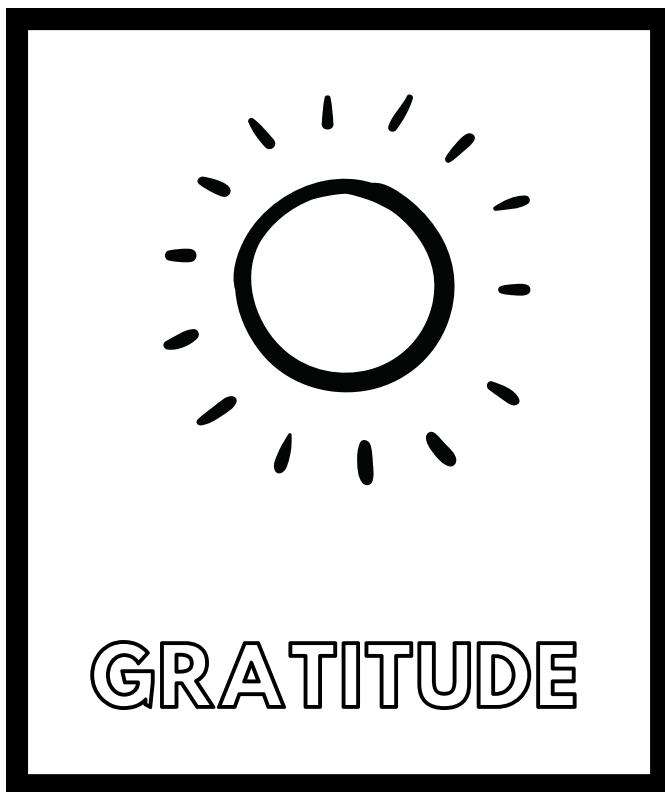
- Template printed on 8.5 x 11 paper
- Scissors
- Markers, coloring pencils, gel pens, etc.



## Instructions

- Create a mini journal by cutting out the bolded rectangles below.
- Staple them together. You can just use the cover and prompt pages, just the cover and multiple copies of the 1, 2, 3 prompt, or a combination of different pages.
- Write or draw your gratitudes!

**Featured Books on Gratitude** For 4 - 7 year olds: Gracias/Thanks by Pat Mora  
For 8 - 12 year olds: Just Be by Malika Chopra



A Person You Are  
Grateful For

A Place You Are  
Grateful For

A Memory You  
Are Grateful For

A Food You Are  
Grateful For