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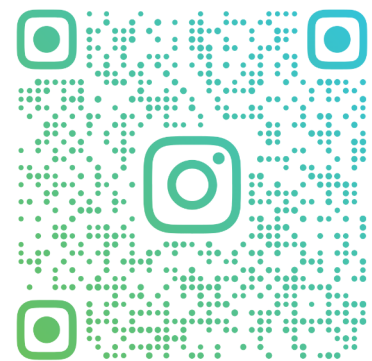
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LETS_DO_SCHOOL

Welcome to Your Gratitude Journal!

This journal is designed to help you build a positive mindset by focusing on the things you're thankful for.

Each day, you'll answer simple, thought-provoking questions that encourage you to reflect on your life and get creative with your answers.

There are no right or wrong answers—just your unique thoughts and feelings.

By making gratitude a habit, research shows that you can improve your mental well-being, reduce stress, and even boost your overall happiness.

Gratitude has been linked to stronger relationships, better focus, and greater success in many areas of life.

This journal is a fun and easy way to start your day on a positive note, and you might be surprised at how much it can help you feel more optimistic and motivated.

Enjoy the process and watch how this practice can change the way you think and feel!

Pick any question and answer it! You don't have to go in order - pick one you like!

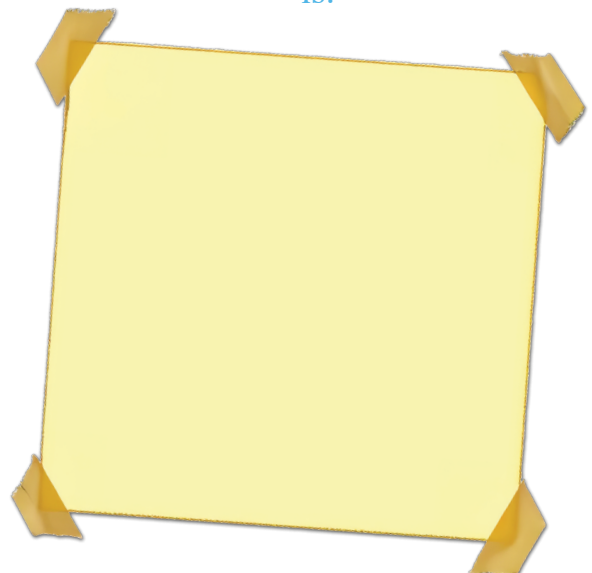
Try to write your answers in sentences - even simple ones. It will make a big difference to your brain!

Here is an example:

 What's one way you can show yourself some kindness today? 

I can start writing in this journal. Sometimes I feel like there are a lot of bad things. But I know there are a lot of good things, too. I want to think about them. It will make me happier.

Draw a picture of your whole body feeling exactly whatever your feeling right now - no matter what that feeling is.



HOW WILL I STAY FOCUSED ON WHAT I CAN CONTROL?

How can I use a challenge today as a way to grow stronger?



WHAT'S ONE THING I CAN DO TODAY TO PROTECT MY PEACE?

Draw my happy place here.



Gratitude can help you build stronger relationships.

Research shows that when you express gratitude to others, it deepens your connections and helps you build trust.

WHAT'S SOMETHING TO DO
TODAY THAT WILL HELP
SOMEONE FEEL HEARD?

BE CREATIVE -
DRAW SOMETHING!



Sometimes, difficult people
and situations can hurt
our feelings, but practicing
positive thinking can help
us rise above it.

Studies show that people
who have a positive
outlook are better at
managing their emotions
and do not let others'
negativity affect them as
much.

By focusing on your own
thoughts and feelings, you
can protect your mental
health.

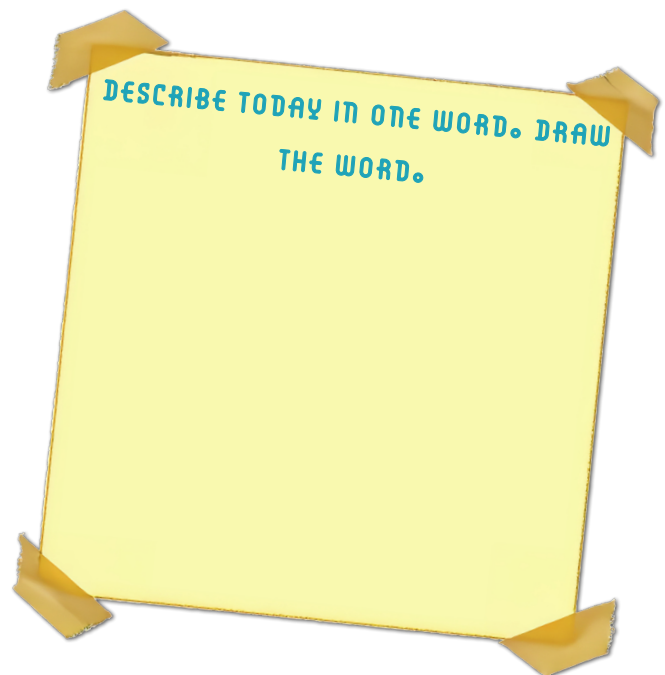
Even when others bring
stress or negativity, you
can choose to respond
with kindness or let it roll
off your back, preventing
it from taking a toll on
you.

HOW WILL I CARE FOR MY
BRAIN TODAY?





If I could give myself a compliment, what would it be?



WHAT'S SOMETHING I HAVE
DONE IN THE PAST THAT I
DIDN'T THINK I COULD DO,
BUT ACHIEVED?

IF I COULD CREATE A "POSITIVITY
PLAYLIST," WHAT WOULD THE FIRST
SONG BE?

WHAT'S A POSITIVE HABIT I HAVE
ALREADY STARTED (OR COULD
START) THAT MAKES MY DAYS
BRIGHTER?



If I could give today a fun theme, like
"Adventure Day" or "Relax and Chill Day,"
what would it be?

If I could turn any boring task into something fun, how would I do it?

I've been thinking about
change for a while, but
haven't taken the first
step yet?

What's holding me back?

What's the **best** that could happen?

So why am I so worried?



What's one way I'll
help others
tomorrow?

HOW WILL I REMIND MYSELF THAT
I AM IN CONTROL OF MY ACTIONS
AND REACTIONS?

