My Gratitude Journal

November 2020
**Introduction:**

Lots and lots of studies have been done to prove how effective being grateful can be. We want to encourage this in YOU this November.

That's why we came up with this gratitude workbook. Each day we have a new prompt for you to fill out with writing or pictures. At the end of this month, note how different you feel about the world around us.

Anyone of any age can participate!

**How to participate:**

Fill out this booklet every day for the next month and then turn it in to the 4-H office by December 3rd for a prize!

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**Day 29:** What does "gratitude" mean to you? How have you changed since doing this challenge?
Day 28: What is an item of clothing you are thankful for?

Day 1: Who is a teacher you are thankful for?
Day 2: What friend(s) are you thankful for?

Day 27: Call a person you haven't spoken to in awhile and say thank you!
Day 26: Go write someone you care about a "thank you" note.

Day 3: What book are you thankful for?
Day 4: What family member(s) are you thankful for?

Day 25: What color are you grateful for?
Day 24: Name 5 things good that happened today?

Day 5: What song are you thankful for?
Day 6: What traditions are you thankful for?

Day 23: What is something you are grateful about this year?
**Day 22:** What food are you thankful for?

**Day 7:** What talent are you thankful for?
Day 8: What memory are you thankful for?

Day 21: What public worker are you thankful for?
Day 20: What is something at home you are grateful for?

Day 9: What part of technology are you thankful for?
Day 10: What silly moment are you thankful for?

Day 19: What is something in school you are grateful for?
Day 18: What is a smell you are thankful for?

Day 11: What location are you thankful for?
Day 12: What is something you are grateful for about your body?

Day 17: What is something you are thankful for you heard today?
Day 16: What is something you are thankful for you saw today?

Day 13: What room in your home are you thankful for?
Day 14: What object are you thankful for that brings you comfort?

Day 15: What accomplishment are you thankful you did?