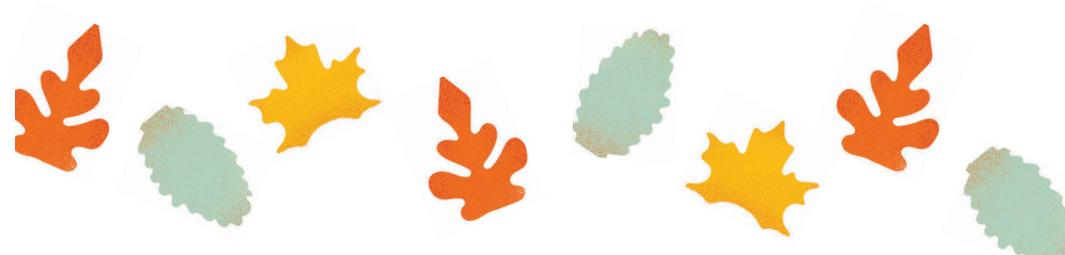


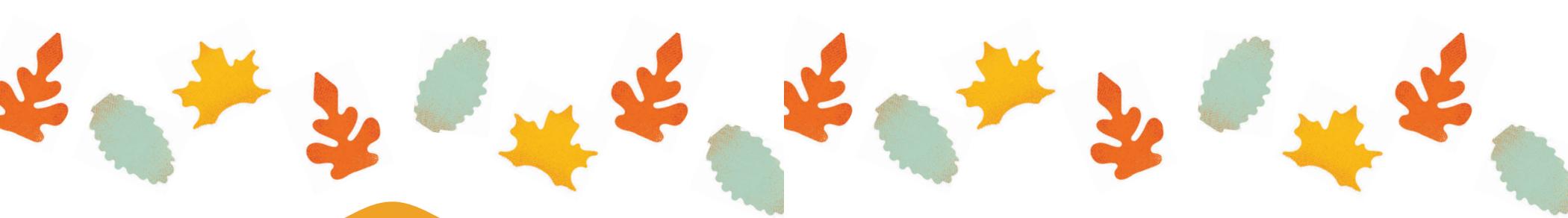
My Gratitude Journal

November 2021



Extension
UtahStateUniversity





Gratitude turns
what we have into
enough

Day 29:


What does "gratitude" mean to you? How have you changed since doing this challenge?

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.

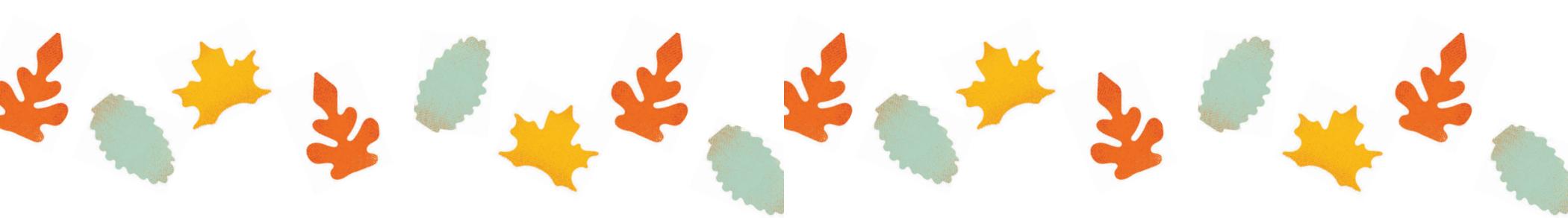
That's why we came up with this gratitude workbook. Each day we have a new prompt for you to fill out with writing or pictures. At the end of this month, note how different you feel about the world around us.

Anyone of any age can participate!

How to participate:

Fill out this booklet every day for the next month, then fill out the google form by the end of Wednesday, December 1st to complete the Gratitude Challenge. Please go to our website for the link: extension.usu.edu/morgan.

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Day 28:

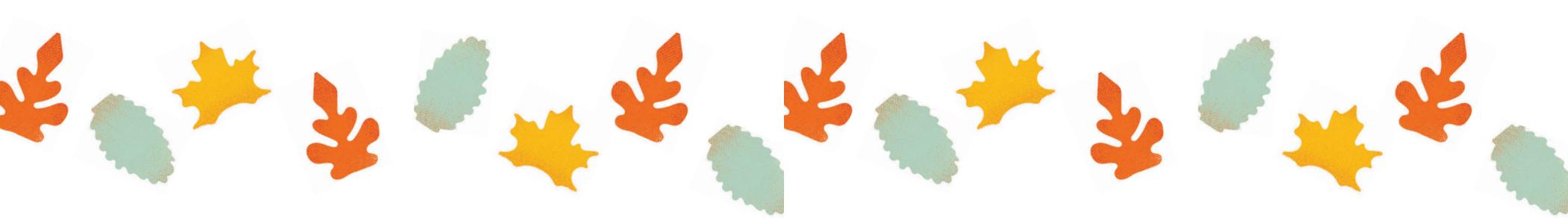
What is an item of clothing you are thankful for?



Day 1:

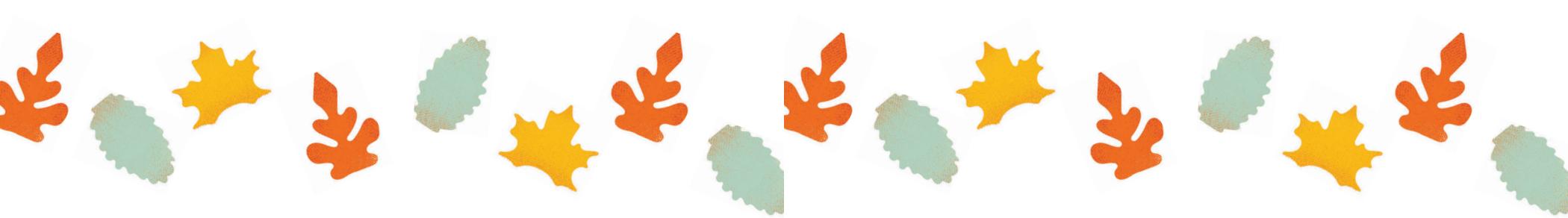
Who is a teacher you are thankful for?





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!

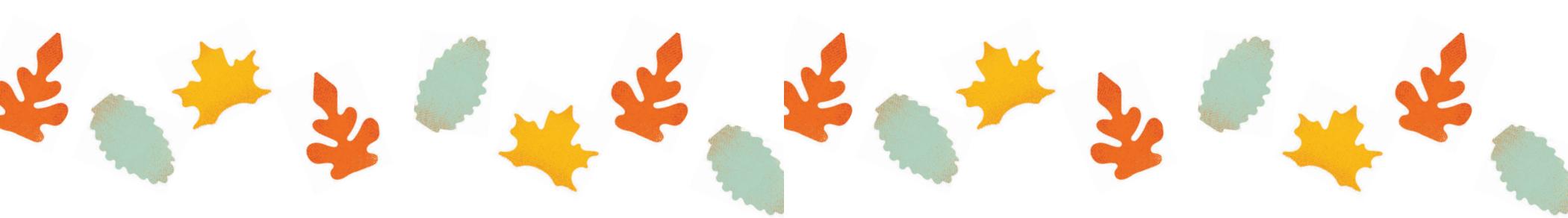


Day 26: Go write someone you care about a "thank you" note.

A large, empty rectangular box with a teal border, intended for writing a "thank you" note.

Day 3: What book are you thankful for?

A large, empty rectangular box with a teal border, intended for writing the name of a book one is thankful for.

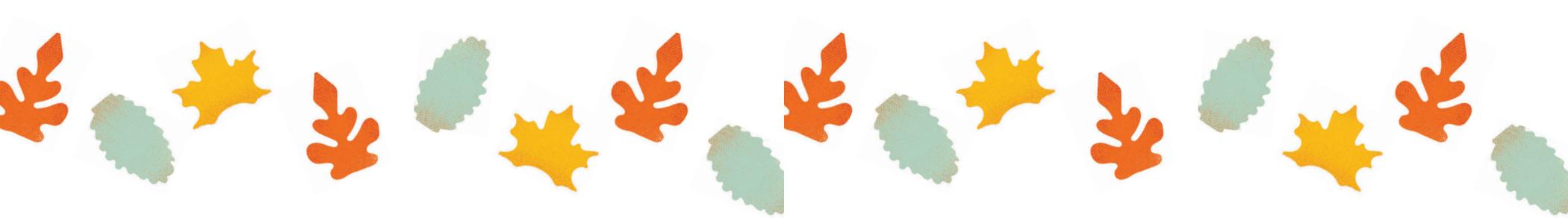


Day 4: What family member(s)
are you thankful for?

A large, empty rounded rectangular box with a teal border, intended for writing the answer to the Day 4 question.

Day 25: What color are you grateful
for?

A large, empty rounded rectangular box with a teal border, intended for writing the answer to the Day 25 question.



Day 24: Name 5 things good that happened today?

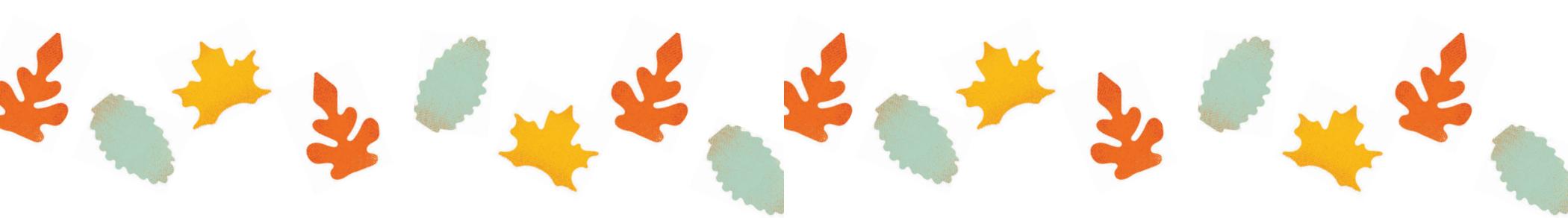


A large, empty rectangular box with a teal border, intended for writing the answers to the Day 24 prompt.

Day 5: What song are you thankful for?

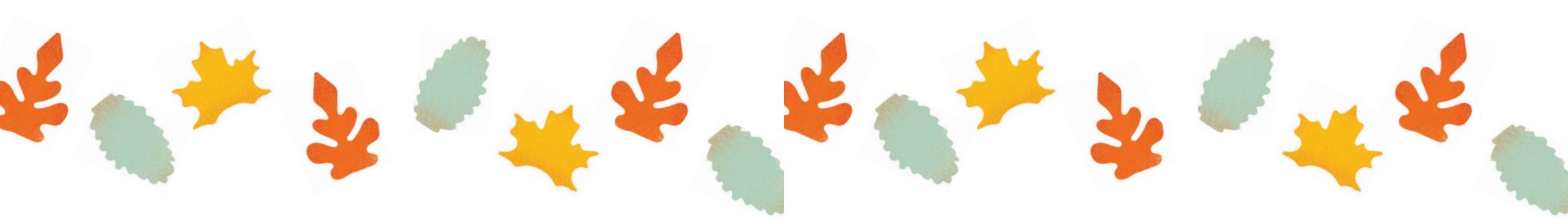


A large, empty rectangular box with a teal border, intended for writing the answer to the Day 5 prompt.



Day 6: What traditions are you
thankful for?

Day 23: What is something you are
grateful about this year?

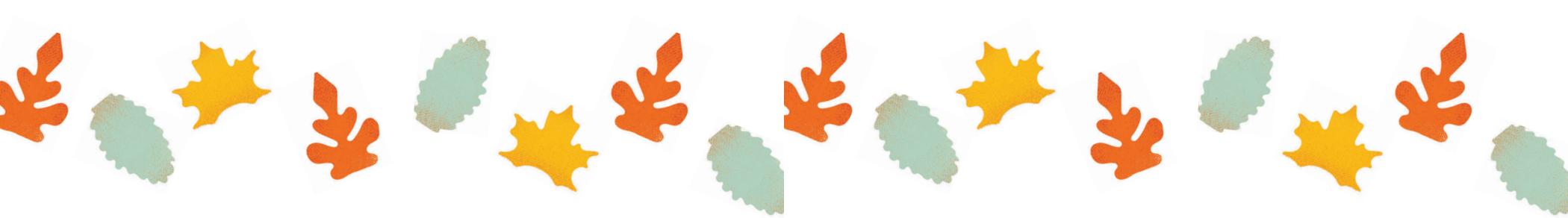


Day 22: What food are you thankful for?

A large, empty rectangular box with a teal border, intended for writing the answer to the question above.

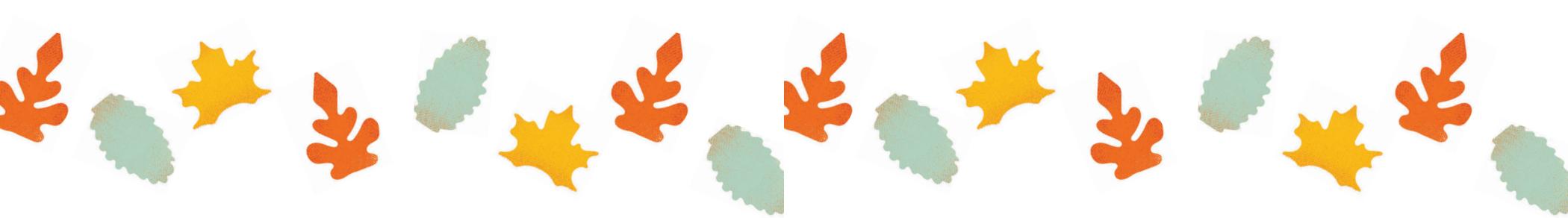
Day 7: What talent are you thankful for?

A large, empty rectangular box with a teal border, intended for writing the answer to the question above.



Day 8: What memory are you
thankful for?

Day 21: What public worker are you
thankful for?

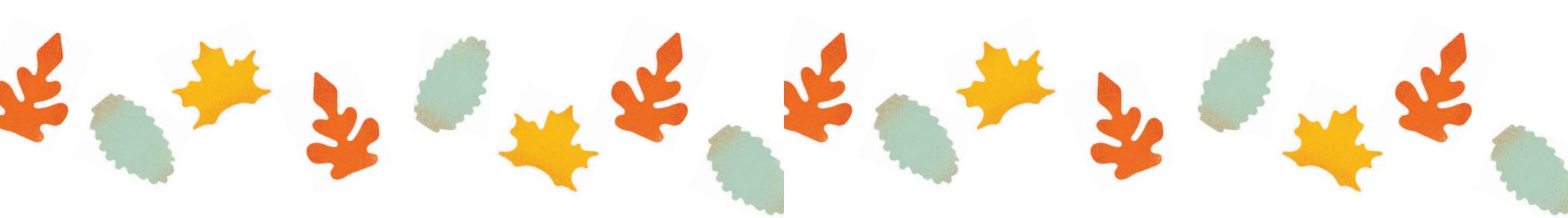


Day 20: What is something at home
you are grateful for?



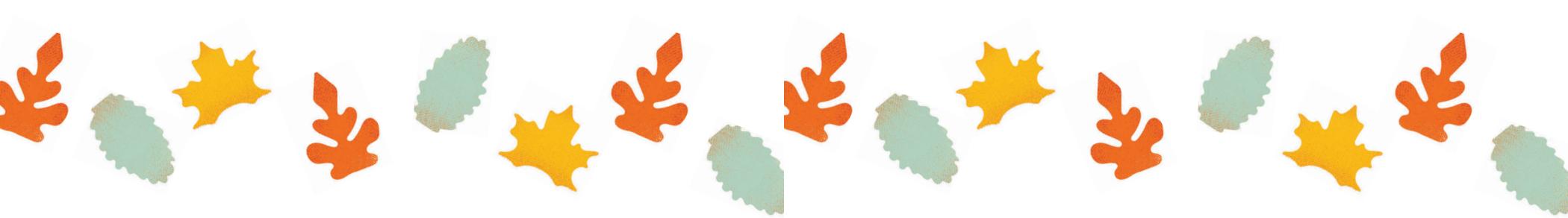
Day 9: What part of technology
are you thankful for?





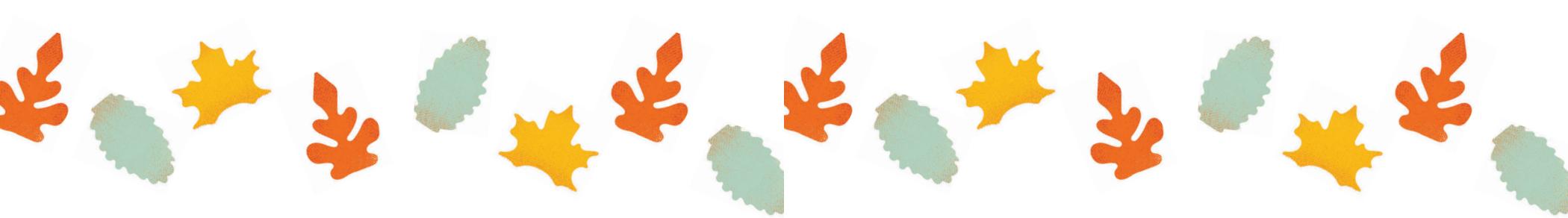
Day 10: What silly moment are
you thankful for?

Day 19: What is something in school
you are grateful for?



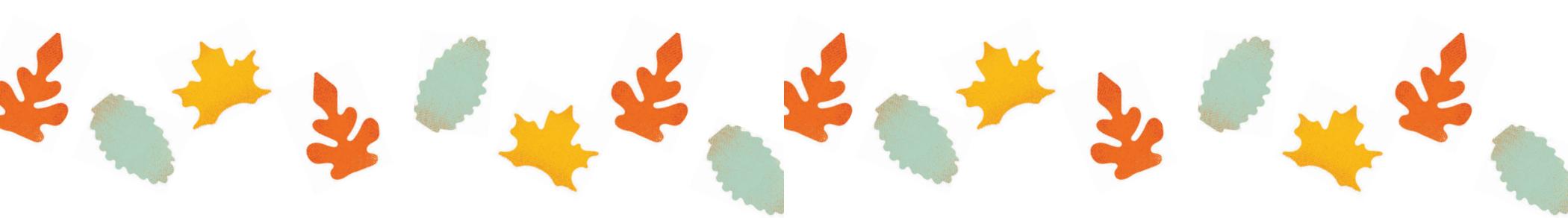
Day 18: What is a smell you are thankful for?


Day 11: What location are you thankful for?

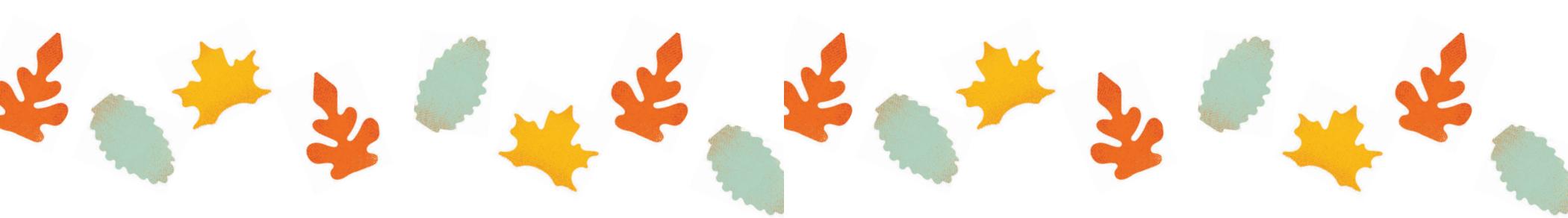
Day 12: What is something you are grateful for about your body?


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?



A large, empty rectangular box with a teal border, intended for writing the answer to the Day 14 question.

Day 15: What accomplishment are you thankful you did?



A large, empty rectangular box with a teal border, intended for writing the answer to the Day 15 question.