



I AM GRATEFUL

I AM

I AM

I CAN

I CAN

I CAN

I CAN

I CAN

I HAVE

I HAVE

I HAVE

Gratitude Treasure Hunt

Big Life Journal

SOMETHING I AM GRATEFUL FOR THAT...

1. Makes me happy
2. Is my favourite color
3. I enjoy eating
4. Brings me a good memory
5. Makes me feel strong
6. Has words on it
7. I recently discovered or learned
8. Is my favourite place to rest
9. Makes a beautiful sound
10. Makes me laugh
11. I can share with others
12. I love doing on my own
12. I can use to make a gift for someone
13. Is useful to me
14. Reminds me that I am loved
- 15.

IF
YOU

CHANGE
THE WAY

YOU LOOK AT

THINGS

THE THINGS YOU

LOOK AT

CHANGE