



# *The Gratitude* CHECKLIST

Use this checklist as prompts for your journaling. Go through the prompts one by one and write the first thing that comes to mind

- Things I am grateful for today are...
- The people I am grateful for in my life are...
- One of my greatest strengths is...
- My greatest childhood memory is...
- A fear that I have overcome is...
- An accomplishment I am proud of is...
- The best 3 things that happened to me today are...
- 3 things about my body that I love are...