

MY GRATITUDE LIST



A vertical list of 20 horizontal lines for writing, decorated on the right side with three floral illustrations: a lily-like flower at the top, a dragonfly in the middle, and a rose at the bottom.

DAILY GRATITUDE TRACKER



DATE: _____

1. _____

2. _____

3. _____

DATE: _____

1. _____

2. _____

3. _____

DATE: _____

1. _____

2. _____

3. _____

DATE: _____

1. _____

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DATE: _____

1. _____

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DATE: _____

1. _____

2. _____

3. _____

DATE: _____

1. _____

2. _____

3. _____

Colors of Gratitude

Using the boxes below, list people/organizations who have had a positive impact on your life.

The image displays 12 hand-drawn colored boxes arranged in a grid-like pattern. The colors are: a large purple box (top left), a teal box (top middle), an orange box (top right), a yellow box (middle left), a yellow box (middle middle), a pink box (middle right), a yellow box (bottom left), a large orange box (bottom middle), a green box (bottom left), a blue box (bottom middle), and a yellow box (bottom right). Each box is outlined in black and filled with a soft, watercolor-like texture.

The Art OF Acknowledgement

List people who have shown you kindness and had a positive impact on your life. This can be anyone from any phase of your life, including childhood. You can include people who are no longer alive, as well as people you've never met.

Date	Grateful to	Because they	Sent Note

THANK
YOU
FOR MAKING
A DIFFERENCE

So
GRATEFUL
FOR YOU!



Thanks
for your
support!



TRULY
Thankful!



Thanks
for your
help!

Thanks
so much!



WITH DEEP
APPRECIATION
FOR YOUR SKILL,
YOUR CARE AND
YOUR DEDICATION

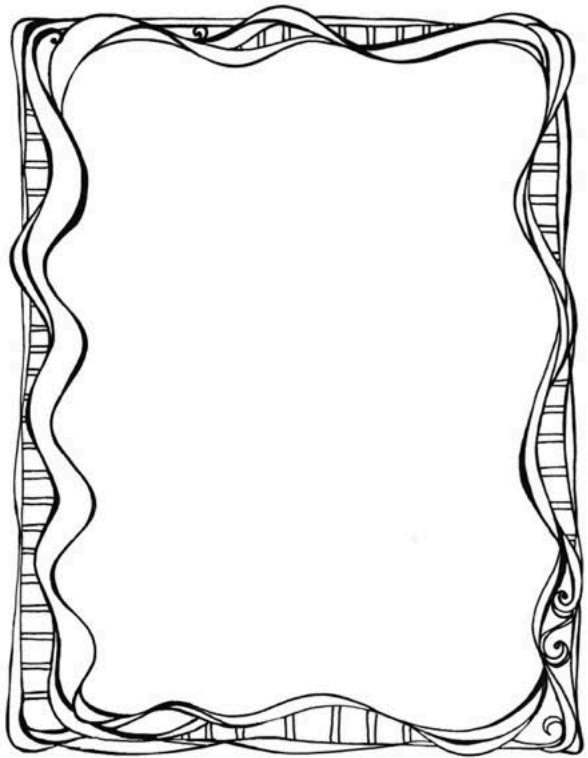
Thank You



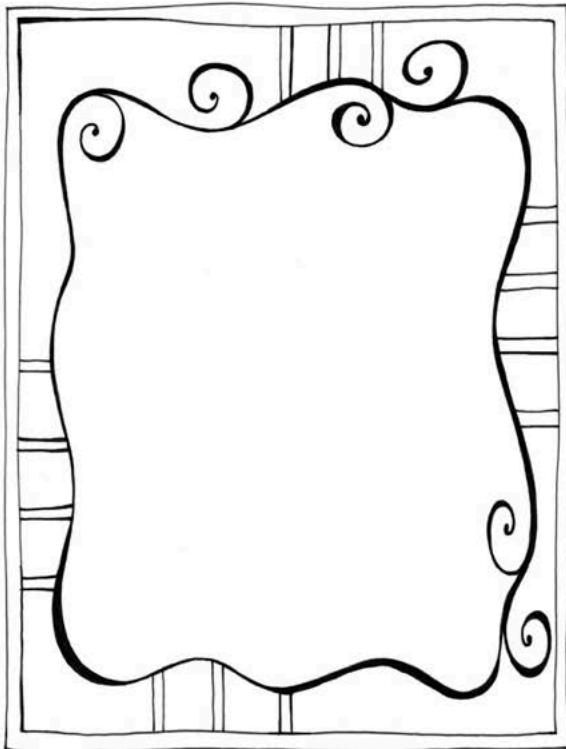
Truly
Thankful
for You!



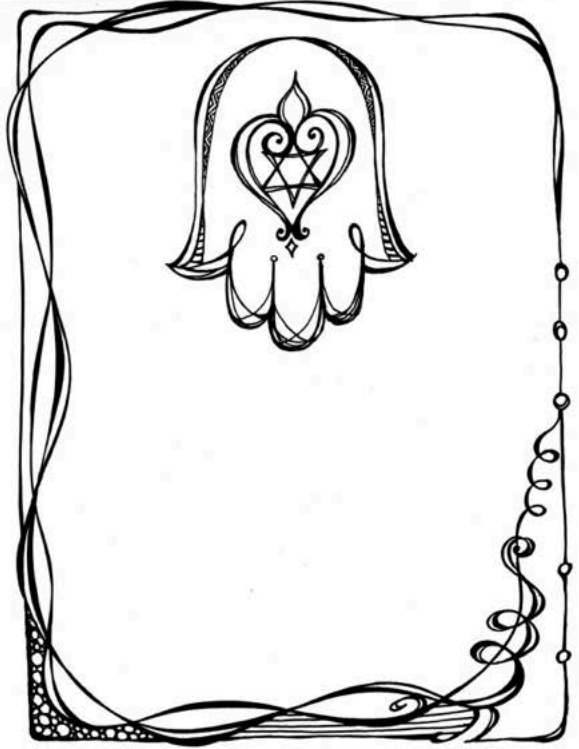
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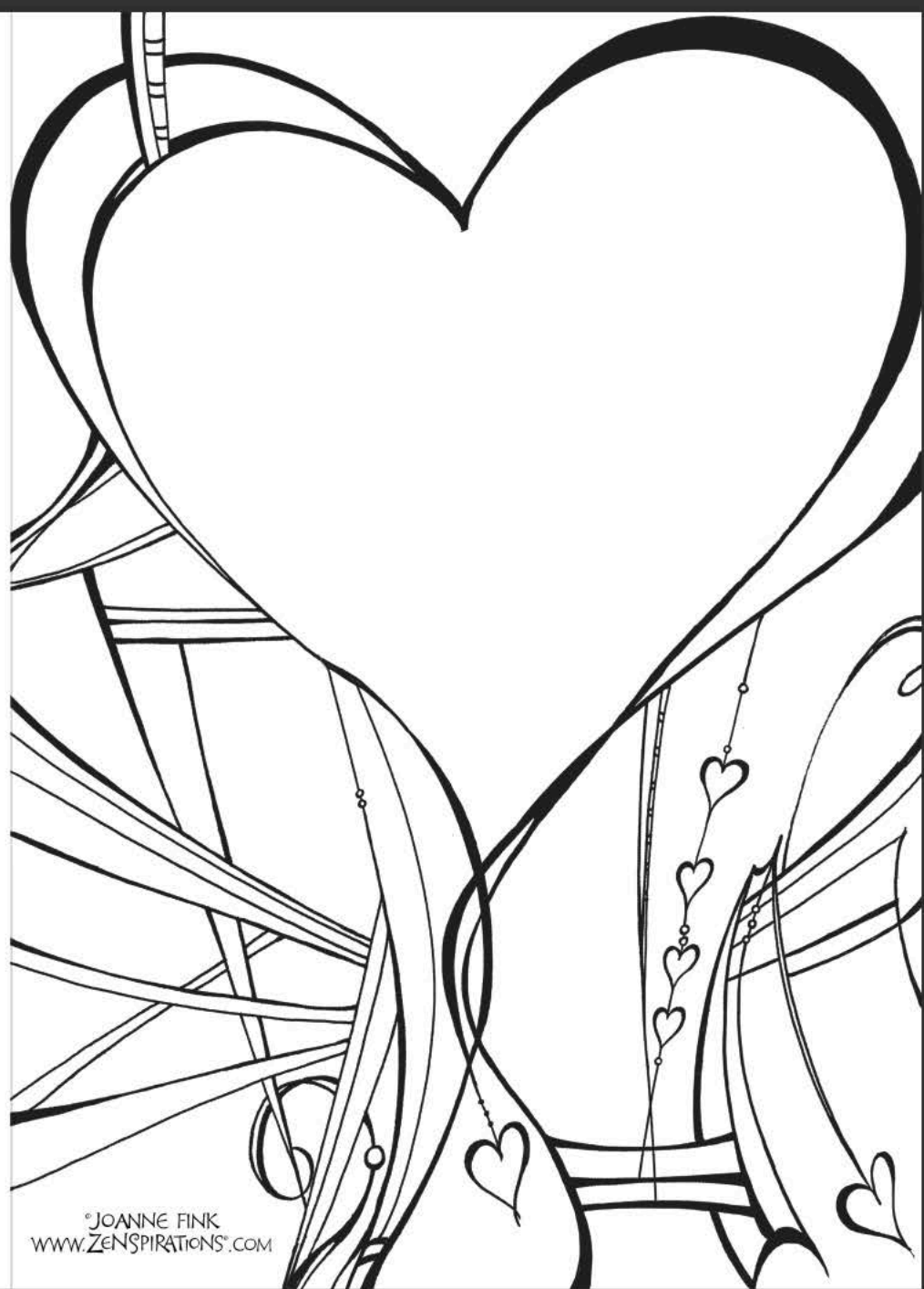


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