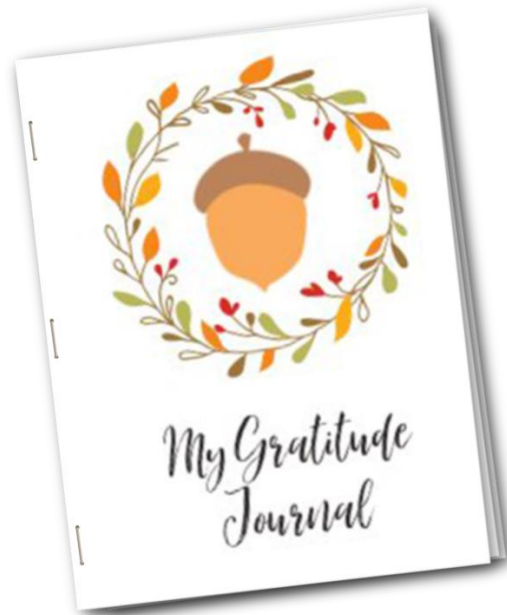


Gratitude Journal Instructions



Option 1: Print out the following pages **ONLY** (not this page), using print front/back (two-sided) mode. Fold pages in half when they are done printing and staple the fold to ensure pages will stay together.

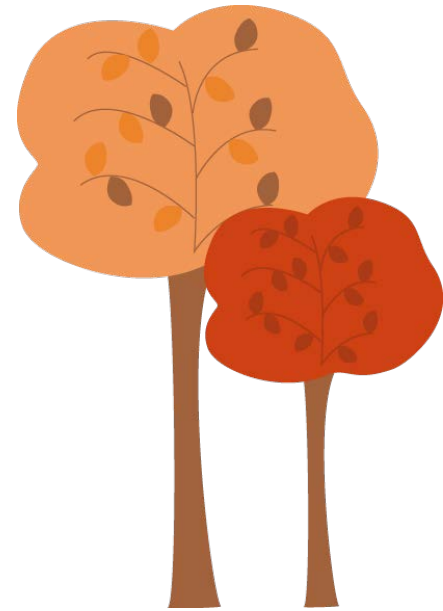
Option 2: If your printer does not have two-sided print capability, simply print the pages off, cut along each dotted line and assemble according to page numbers. Staple left side of book to attach pages to one another.



My Gratitude Journal

Design by:
THIRDHOUR

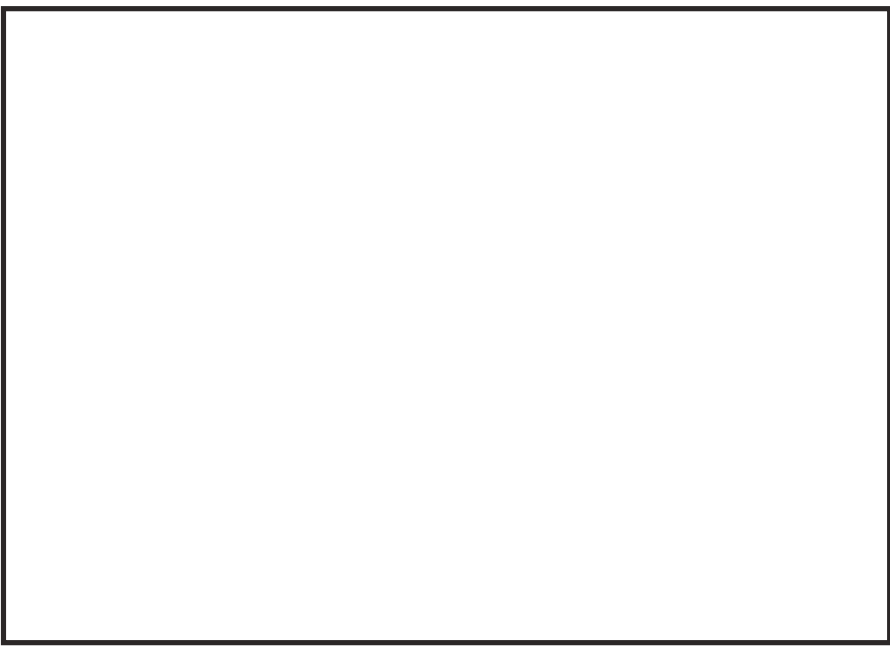
This page intentionally left blank



Name _____

Year _____

Write and draw a picture of something
you are thankful for.



*"Thou shalt thank the Lord
thy God in all things."*



Ps 59:1

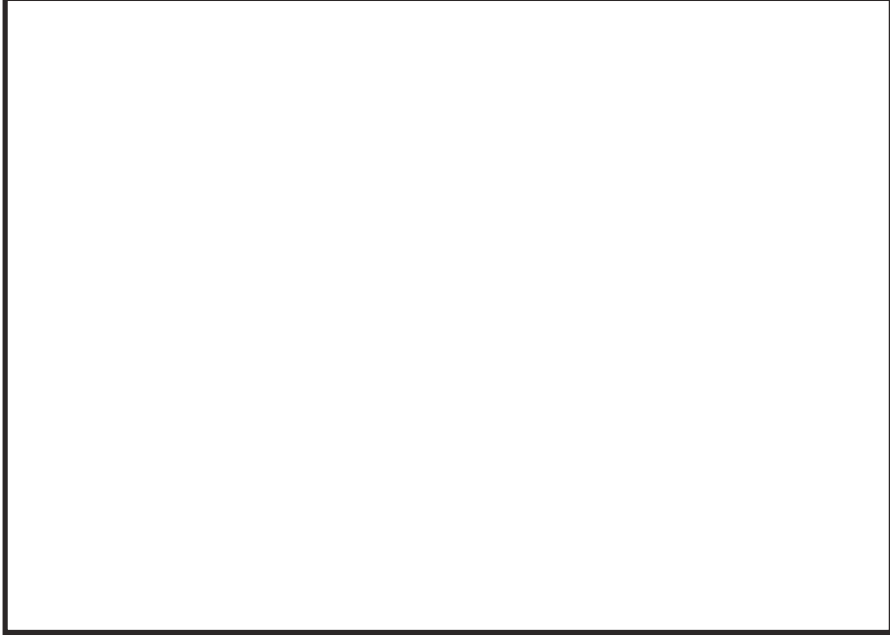
"He who receiveth all things with thankfulness shall be made glorious."



D&C 18:17

Write and draw a picture of one person you are thankful for.

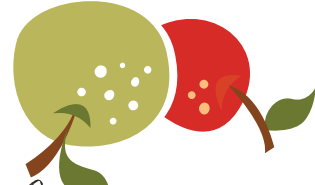
A large empty rectangular box with a black border, intended for drawing a picture of a person.



Write and draw a picture of a food you are thankful for.

Three horizontal lines for writing.

*"Live in thanks giving daily, for
the many mercies and
blessings which he doth
bestow upon you.
Amos 3:1-38"*



*"Know ye that the Lord he is God...
Enter into his gates with
thanksgiving, and into his courts
with praise: be thankful unto
him, and bless his name."*



Psalms 100:3-4

Write and draw a picture of a place
you are thankful for.

A large empty rectangular box with a black border, intended for drawing a picture of a place the user is thankful for.

Write and draw a picture of something
in nature you are thankful for.



*"I say unto you, my brethren,
that if you should render all the
thanks and praise which your
whole soul has power to possess,
to that God who has created you."*



Mosiah 2:20