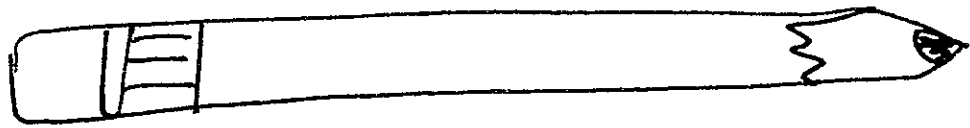


GRATITUDE

Journal



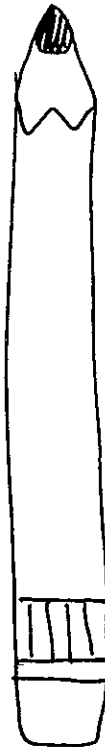
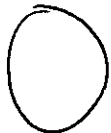
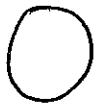
name: \_\_\_\_\_



**DESCRIBE YOURSELF IN THE THIRD PERSON,  
YOUR PERSONALITY AND PHYSICAL APPEARANCE,  
AS IF YOU WERE A CHARACTER IN A BOOK:**



**WRITE AN ANONYMOUS LETTER TO A  
STRANGER DETAILING THE THINGS YOU'VE  
LEARNED ABOUT LIFE.**



# 21 DAYS OF GRATITUDE

Date: \_\_\_\_\_

Today I am grateful for:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

Date: \_\_\_\_\_

Today I am grateful for:

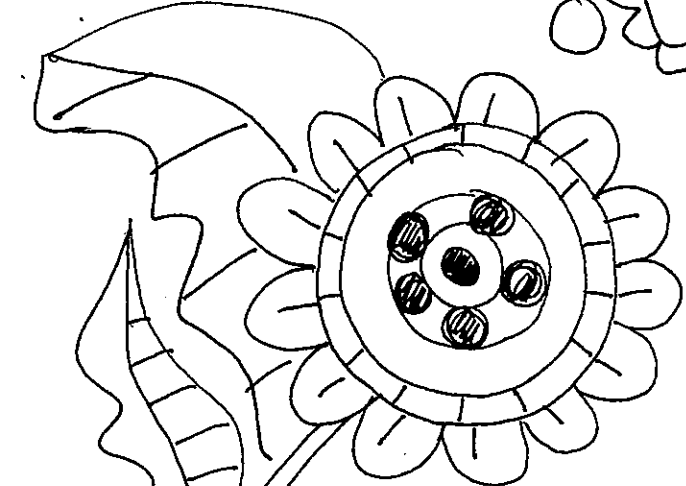
1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_



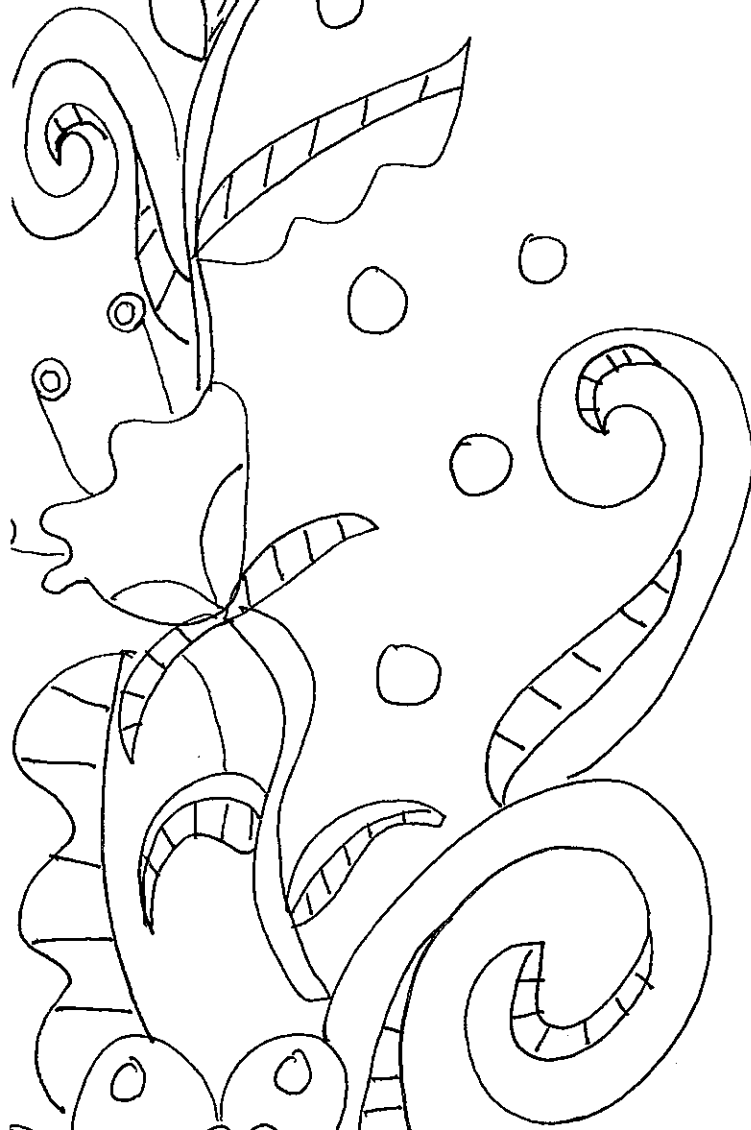
COLOR ME



Date: \_\_\_\_\_

Today I am grateful for:

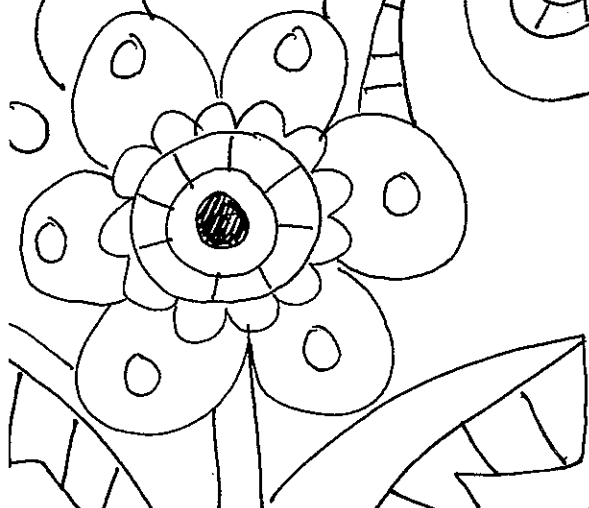
- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_



Date: \_\_\_\_\_

Today I am grateful for:

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_



Date: \_\_\_\_\_

Today I am grateful for:

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_



SHOW YOUR  
OWN  
BORDERS



Date: \_\_\_\_\_

Today I am grateful for:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

Date: \_\_\_\_\_

Today I am grateful for:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

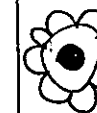
Date: \_\_\_\_\_

Today I am grateful for:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_



Date: \_\_\_\_\_

Today I am grateful for:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

Date: \_\_\_\_\_

Today I am grateful for:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

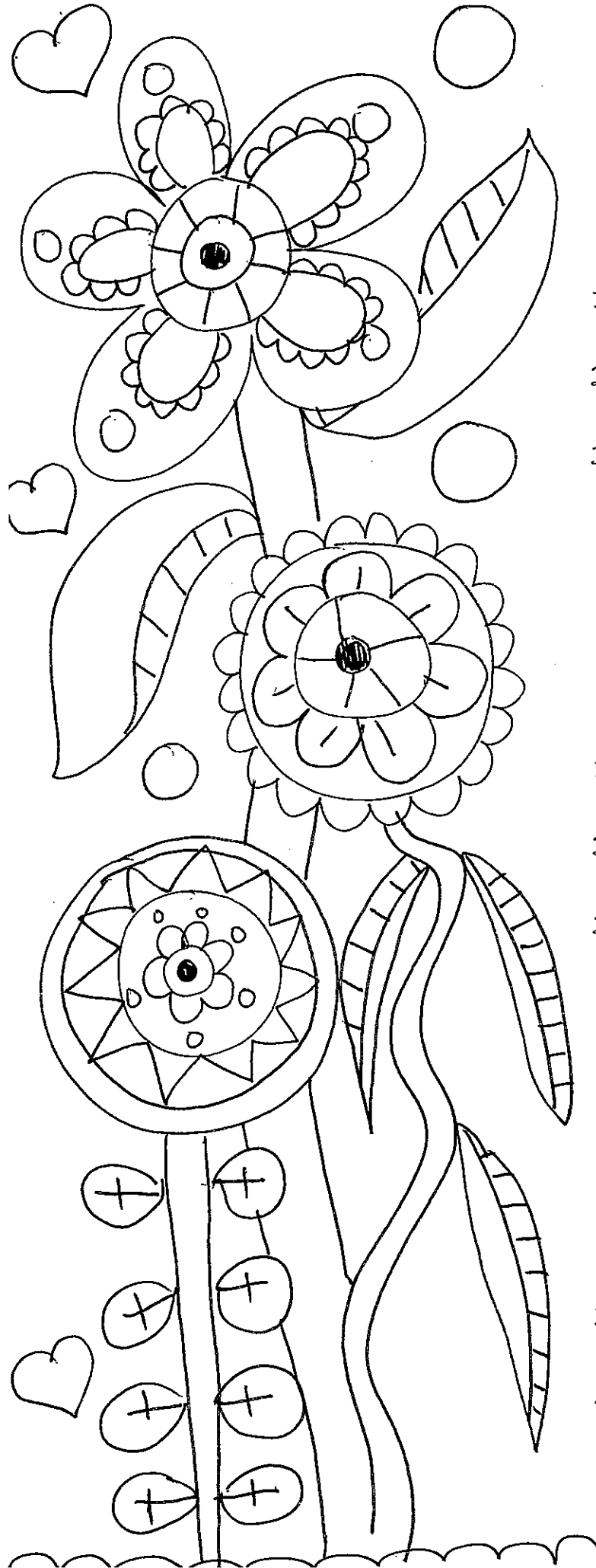
Date: \_\_\_\_\_

Today I am grateful for:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_



Date: \_\_\_\_\_

Today I am grateful for:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

Date: \_\_\_\_\_

Today I am grateful for:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

Date: \_\_\_\_\_

Today I am grateful for:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

COLOR ME



Date: \_\_\_\_\_

Today I am grateful for:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

# DRAW a Rose

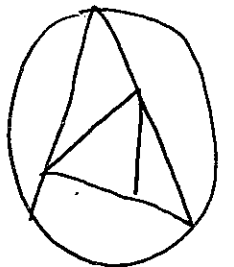
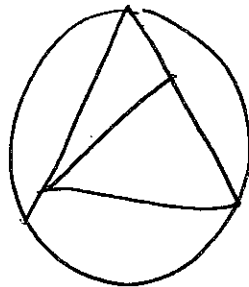
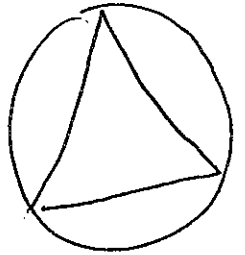
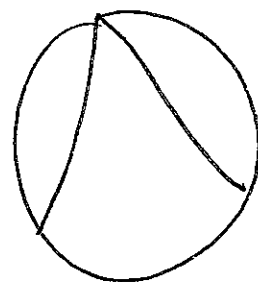
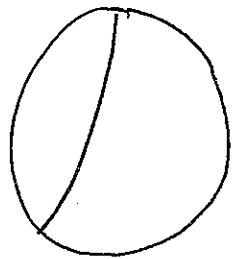
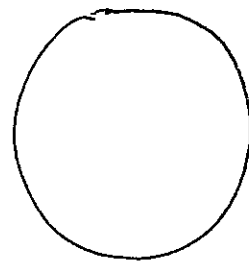
Date: \_\_\_\_\_

Today I am grateful for:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_



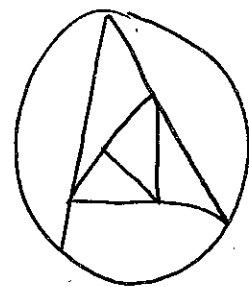
Date: \_\_\_\_\_

Today I am grateful for:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

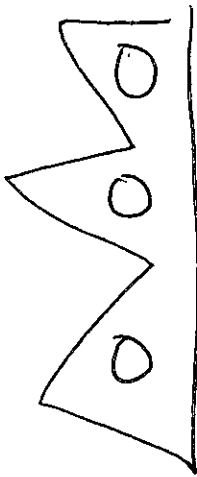


Date: \_\_\_\_\_

Today I am grateful for:

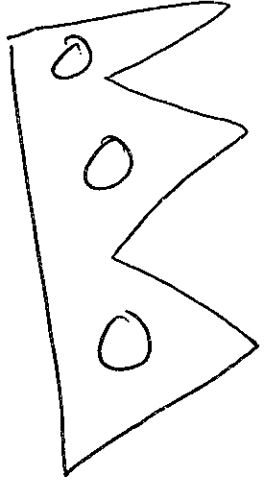
1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Date: \_\_\_\_\_



Today I am grateful for:

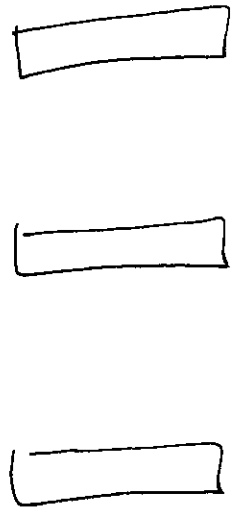
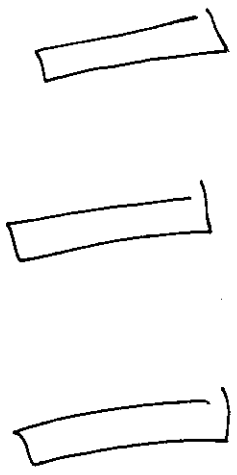
1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_



Date: \_\_\_\_\_

Today I am grateful for:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_



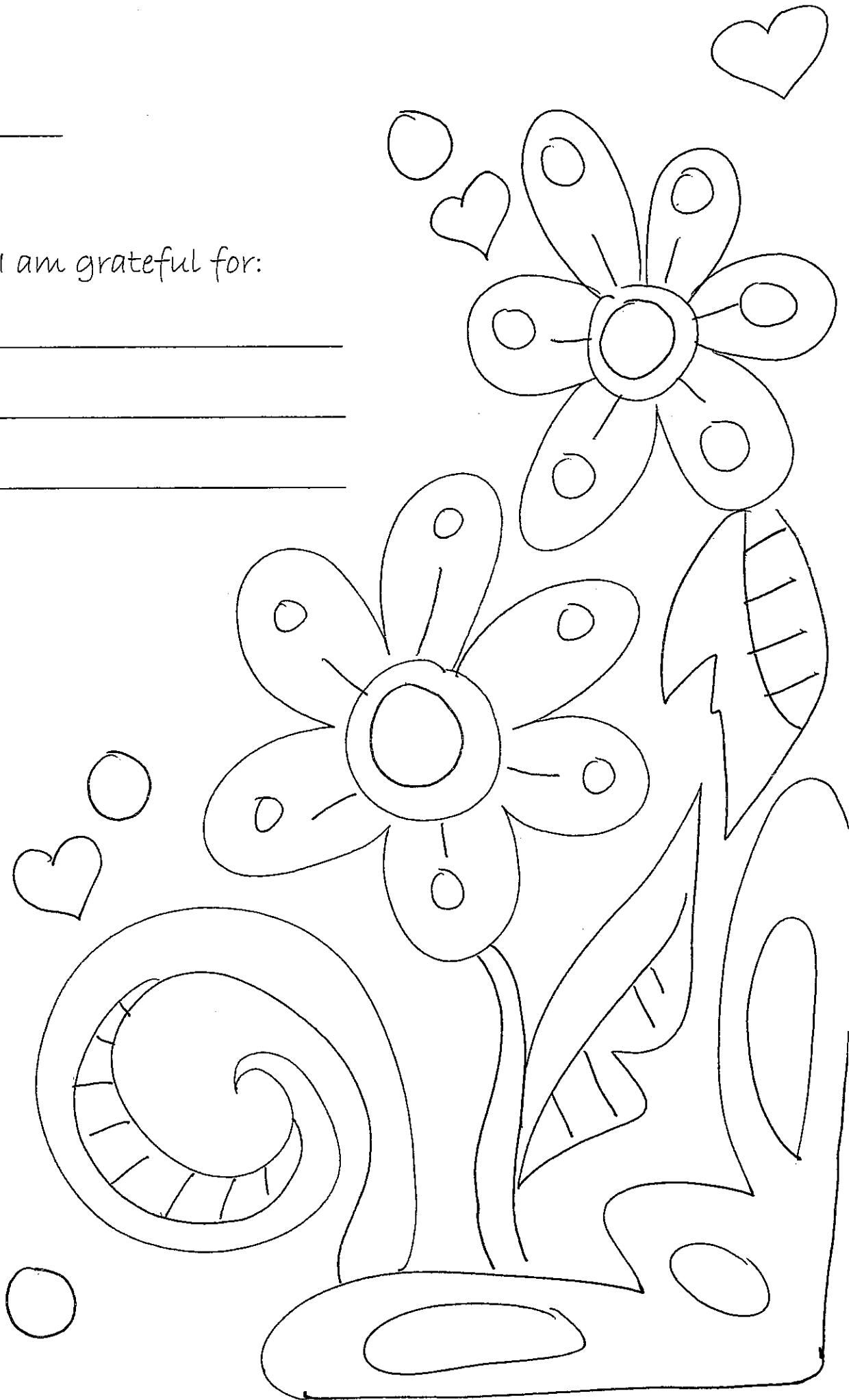
Date: \_\_\_\_\_

Today I am grateful for:

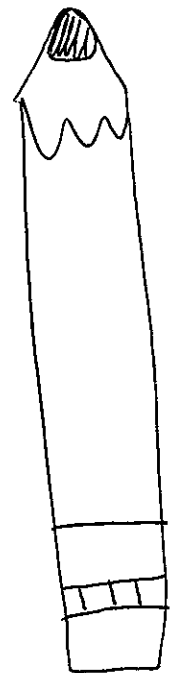
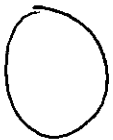
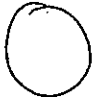
1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_



**BEGIN A LETTER WITH: "I AM TELLING  
YOU THIS STORY BECAUSE YOU ARE THE  
ONLY PERSON WHO WILL NOT JUDGE ME..."**



Help is only a text away.



text "HOPELINE™"  
to 741741

Here's how it works:



1 Text "HOPELINE™" to 741741  
anywhere, anytime, about any  
type of challenge or struggle.



2 A live, trained specialist receives  
the text and responds quickly.

HOPELINE™ Text Line serves anyone in any type  
of situation, providing them access to free, 24/7  
emotional support and information they need via  
the medium they already use and trust: text.

Each person that texts in is important to us and  
we care about what they are dealing with.

sometimes you  
just need someone  
to care.

