

NIGHTLY

Gratitude Checklist

SITUATION

e.g. I'm grateful that I was late to school because I got to walk to class with a friend I haven't seen in awhile.

ITEM

e.g. I'm grateful for my iPad because it's useful for finishing my classwork.

MYSELF

e.g. I'm grateful I practiced patience while waiting in the lunch line because it shows that I'm growing as a person.

PERSON

e.g. I'm grateful for my English teacher because she stayed after class and helped me start my presentation.

ENVIRONMENT

e.g. I'm grateful for my bedroom because it feels like my own space to be safe + comfortable.

I am grateful for the lessons that today brought. I FEEL CALM + AT PEACE.