

2021

Gratitude Grid

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

WEEK 1: What did I do that was nice and unexpected for someone today?

What am I grateful for today?

Week 2: What did I do that was nice and unexpected for someone today?

What am I grateful for today?

Week 3: What did I do that was nice and unexpected for someone today?

What am I grateful for today?

Week 4: What did I do that was nice and unexpected for someone today?

What am I grateful for today?

Each day, for a minimum of 30 days, keep track of at least one nice thing you did for someone else. This should be something that you were not asked to do or expected to do. Add at least one thing you are grateful for that day as well.

		Additional notes (if needed)
Sunday	Year 1 or Year 2 (circle one)	
	Parent(s) signature and date:	