

2021-
2022

Name: _____

Gratitude Grid

	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 1: What did I do that was nice and unexpected for someone today?					
What am I grateful for today?					
Time spent:					
Week 2: What did I do that was nice and unexpected for someone today?					
What am I grateful for today?					
Time spent:					
Week 3: What did I do that was nice and unexpected for someone today?					
What am I grateful for today?					
Time spent:					
Week 4: What did I do that was nice and unexpected for someone today?					
What am I grateful for today?					
Time spent:					

Saturday	Sunday	Year 1 or Year 2 (circle one)	Additional notes (if needed)
		Parent(s) signature and date:	
Time spent:	Time spent:		
		TOTAL TIME SPENT:	
Time spent:	Time spent:		
		TOTAL TIME SPENT:	
Time spent:	Time spent:		
		TOTAL TIME SPENT:	
Time spent:	Time spent:		
		TOTAL TIME SPENT:	