



PROJECT IDEA

Gratitude Journal *By Sophia Burnston and Linda Rosen*

The Gratitude project is one of my favorite topics because gratitude has changed my life. I keep a Gratitude Journal by my bed and write 5 things I'm grateful for each day and why. These can be simple like the first sip of delicious coffee or petting your dog. I highly recommend keeping a Gratitude Journal; you won't believe how much we have to be thankful for. This simple practice will brighten the day of others and make you feel amazing too! For more gratitude-based service projects, search the Resource Library Dashboard for Gratitude.

HOW TO

1. Gather a notebook and any decorative materials.
2. Optional: Decorate the notebook to your liking with stickers, cut-outs, and anything else that you feel reflects your gratitude.
3. Write in the notebook whenever you would like to reflect on good things in your life that you are thankful for. This can be each morning or night, or whenever feels right to you.
4. Optional: If you are using it as a classroom activity, you can invite students to share their responses.



ITEMS NEEDED

-
1. Notebook
 2. Decorative materials (optional)
 3. Pencil or pen