

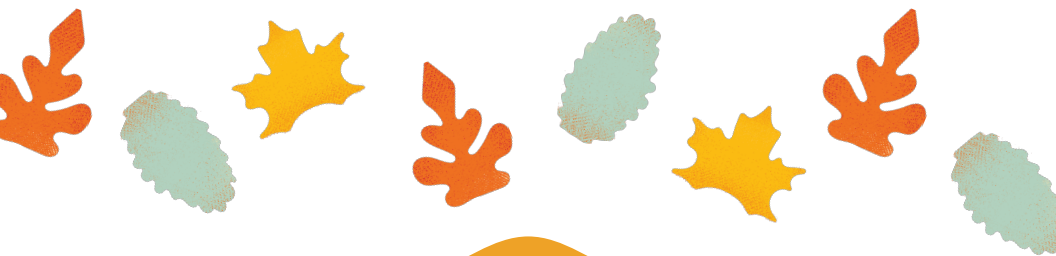


My Gratitude Journal

NOVEMBER 2020

EXTENSION 
UtahStateUniversity.





Introduction:

Lots and lots of studies have been done to prove how effective being grateful can be. We want to encourage this in YOU this November.

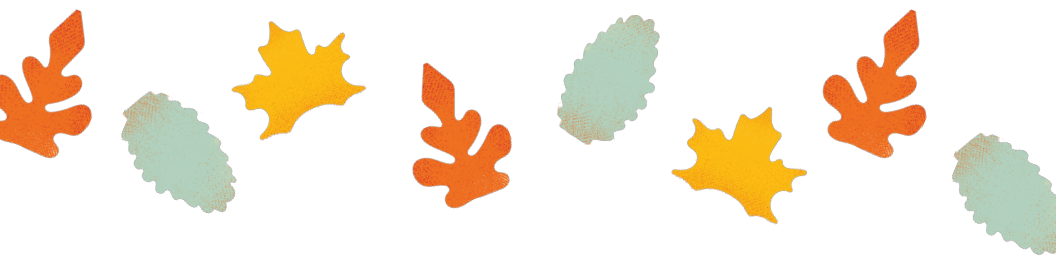
That's why we came up with this gratitude workbook. Each day we have a new prompt for you to fill out with writing or pictures. At the end of this month, note how different you feel about the world around us.

Anyone of any age can participate!

How to participate:

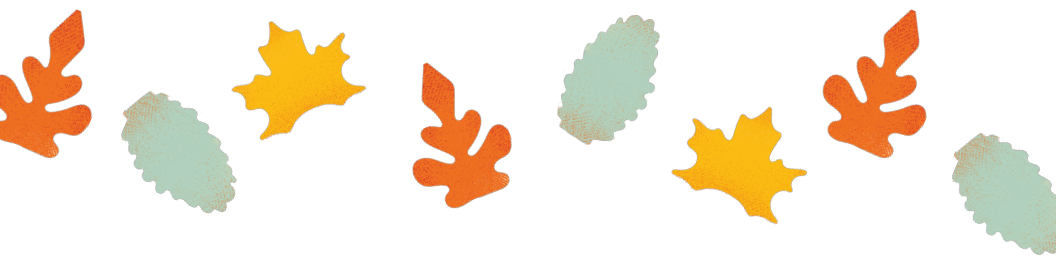
Fill out this booklet every day for the next month and then turn it in to the 4-H office by December 4th for a prize!

Janette Wagner
janette.wagner@usu.edu
435.893.0478
250 N Main Ste. B04 Richfield



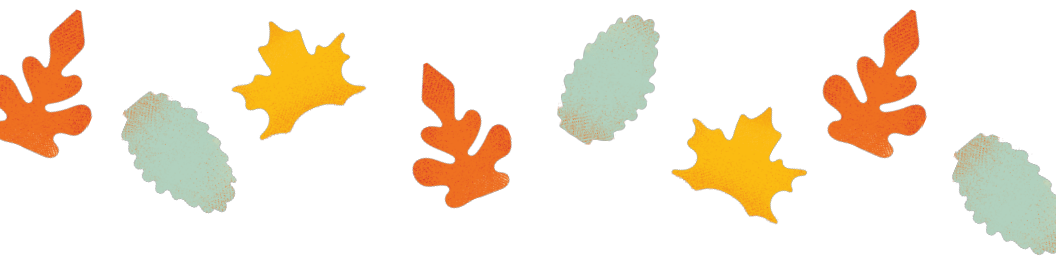
Day 1: Who is a teacher you are
 thankful for?

A large, empty rounded rectangular box with a teal border, intended for students to write their answer to the question.



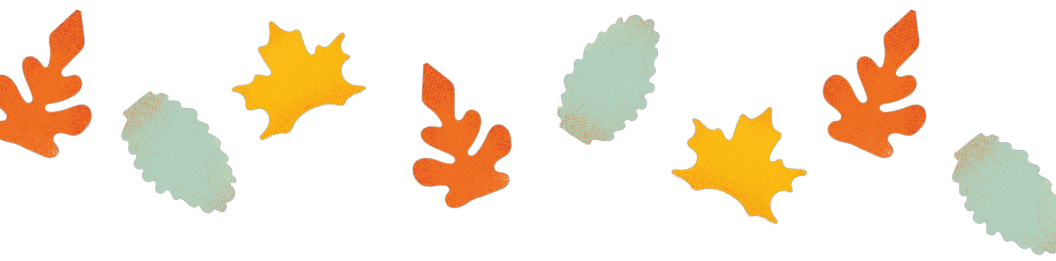
Day 2: What friend(s) are you
 thankful for?


A large, empty rounded rectangle with a teal border, intended for the user to write their answer to the question.



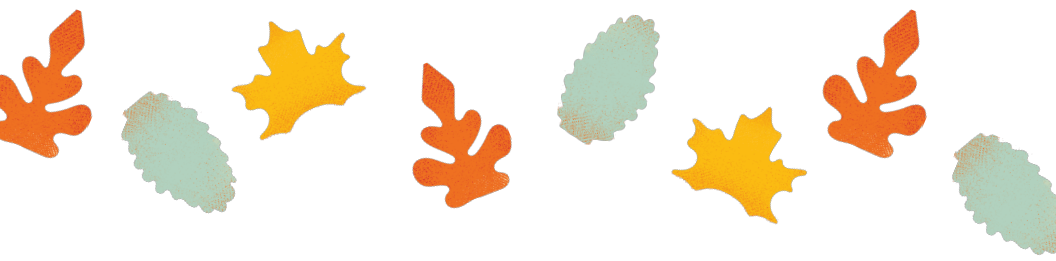
Day 3: What book are you
 thankful for?

A large, empty rounded rectangular box with a teal border, intended for the user to write their answer to the question.



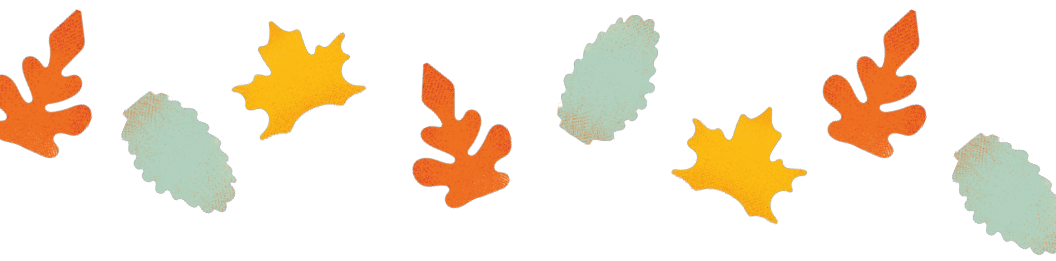
Day 4: What family member(s)
 are you thankful for?

A large, empty rounded rectangle with a teal border, occupying the lower two-thirds of the page. It is intended for the user to write their answer to the question above.



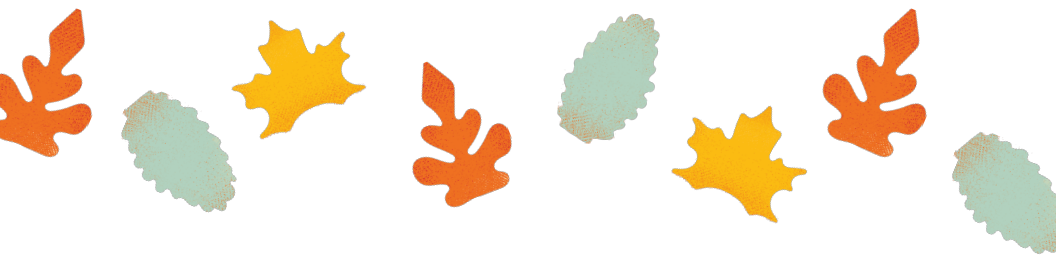
Day 5: What song are you
 thankful for?

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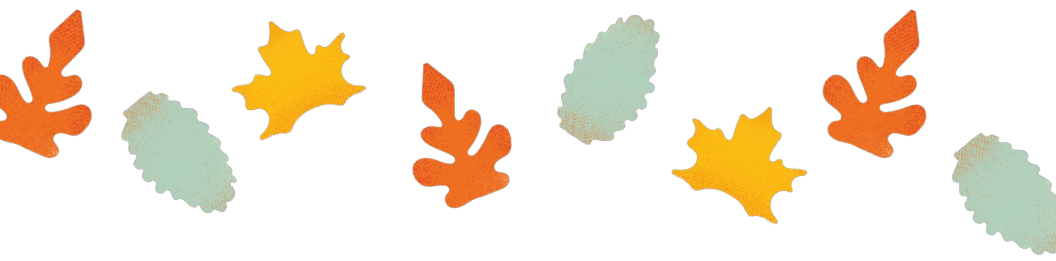
Day 6: What traditions are you
 thankful for?

A large, empty rounded rectangular box with a teal border, intended for the user to write their answer to the question.



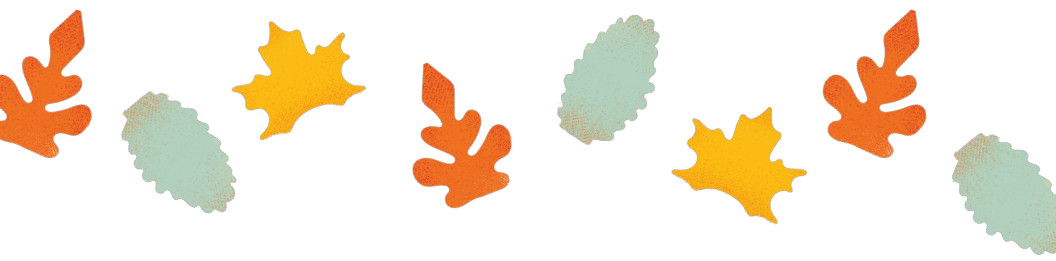
Day 7: What talent are you
 thankful for?


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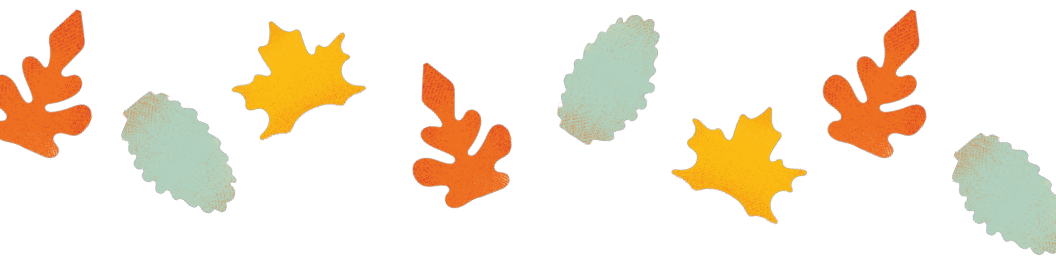
Day 8: What memory are you
 thankful for?


A large, empty rounded rectangular box with a teal border, intended for the user to write their answer to the question.



Day 9: What part of technology
 are you thankful for?

A large, empty, rounded rectangular box with a thin teal border, occupying the lower two-thirds of the page, intended for a student to write their answer to the question.



Day 10: What silly moment are
 you thankful for?

A large, empty rounded rectangle with a thin blue border, occupying the lower two-thirds of the page. It is intended for the user to write their answer to the question above.



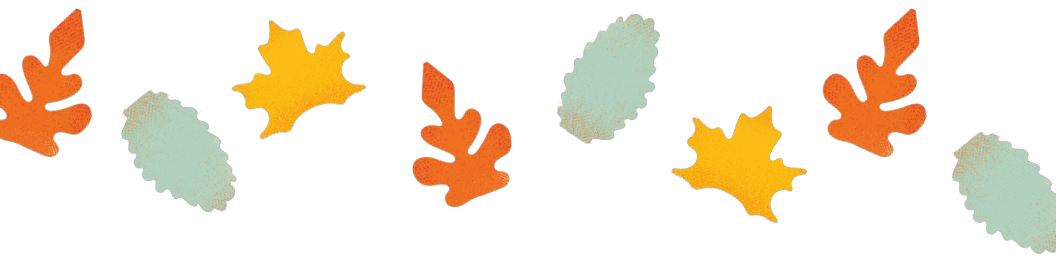
Day 11: What location are you thankful for?

A large, empty rounded rectangular box with a teal border, intended for the user to write their answer to the question.



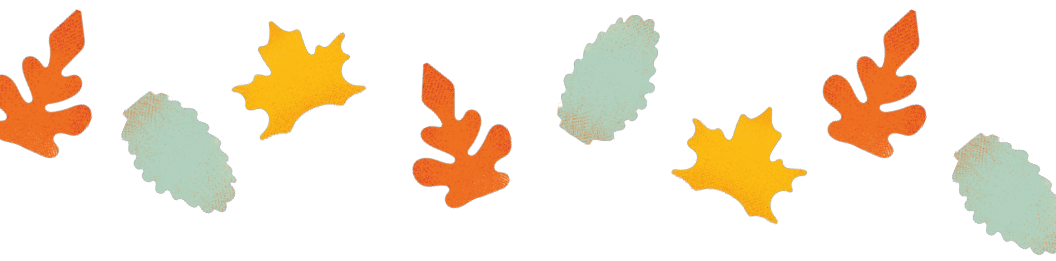
Day 12: What is something you are grateful for about your body?


A large, empty rounded rectangular box with a teal border, intended for the user to write their response to the question.



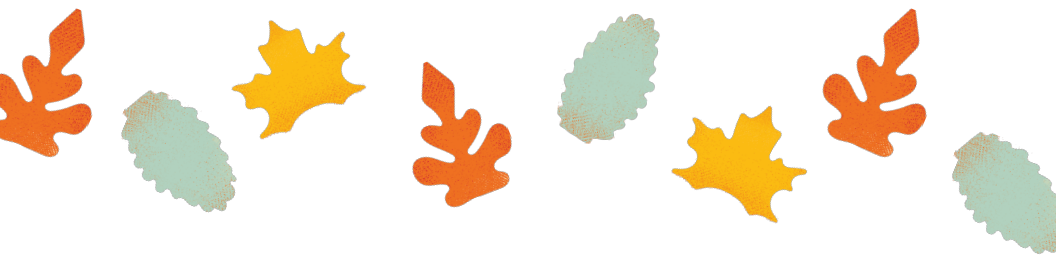
Day 13: What room in your home
are you thankful for?

A large, empty rectangular box with a teal border, intended for the user to write their answer to the question.



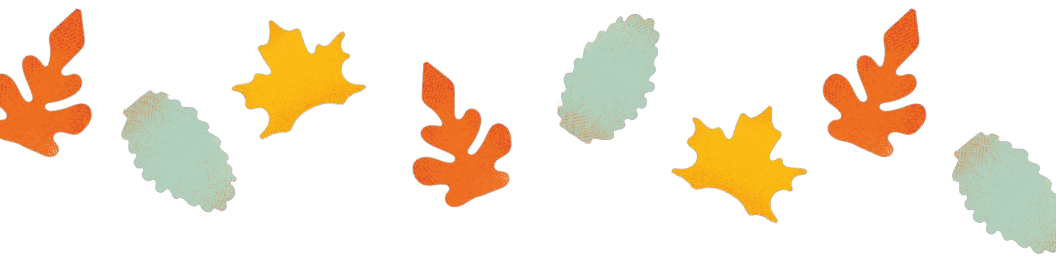
Day 14: What object are you thankful
for that brings you comfort?

A large, empty rectangular box with a teal border, intended for the user to write their answer to the question.



Day 15: What accomplishment are you thankful you did?

A large, empty rectangular box with a teal border, intended for the user to write their answer to the question above.



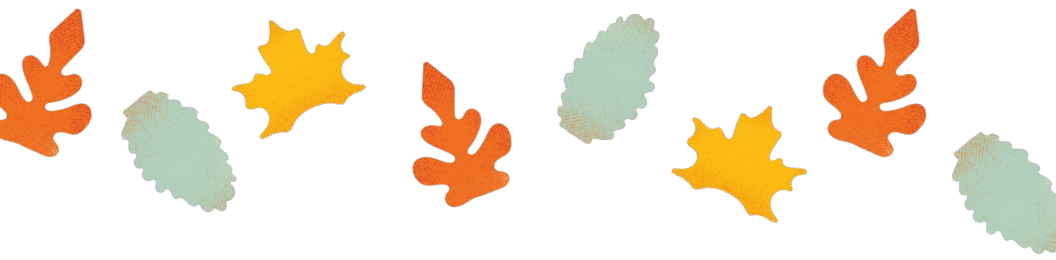
Day 16: What is something you are thankful for you saw today?

A large, empty rounded rectangular box with a teal border, intended for the user to write their response to the question.



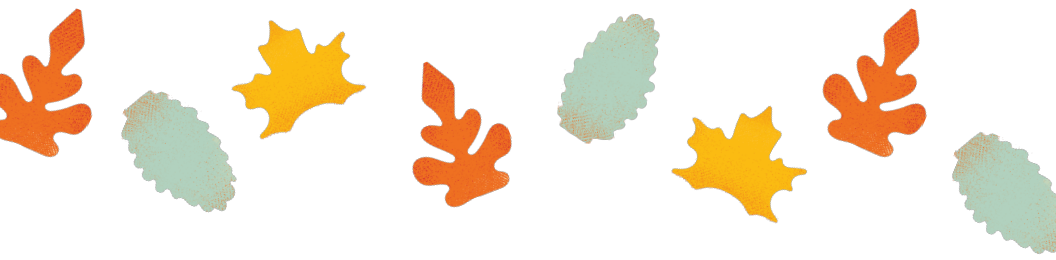
Day 17: What is something you are thankful for you heard today?

A large, empty rectangular box with a teal border, intended for the user to write their response to the question above.



Day 18: What is a smell you are thankful for?

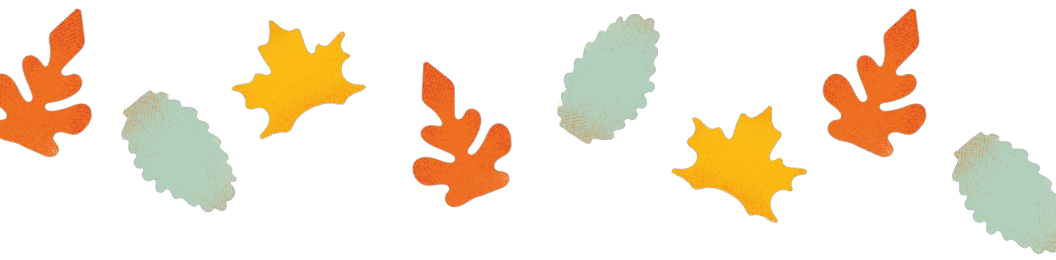
A large, empty rectangular box with a teal border, intended for the user to write their answer to the question.



Day 19: What is something in school
you are grateful for?

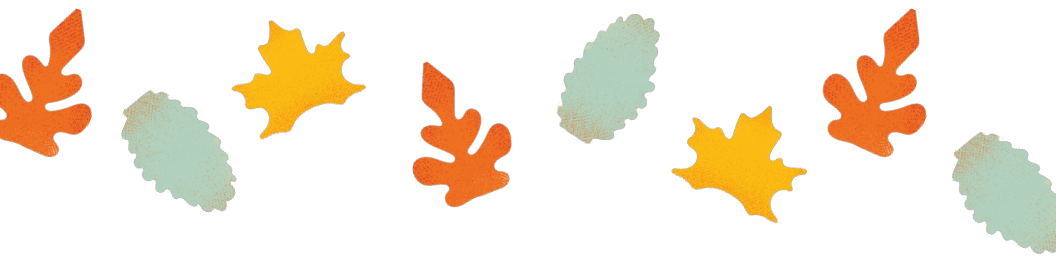


A large, empty rectangular box with a teal border, intended for writing a response to the question.



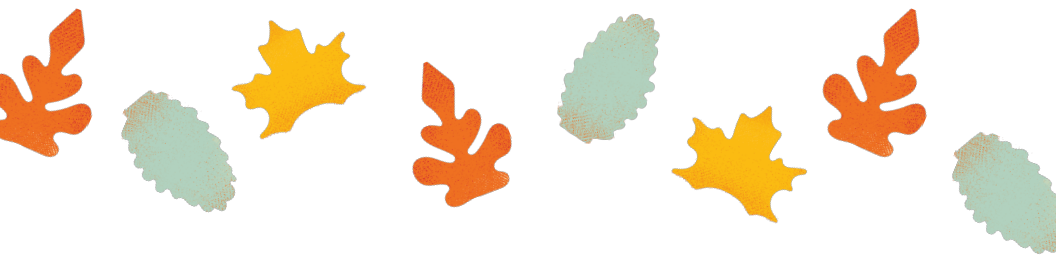
Day 20: What is something at home
you are grateful for?

A large, empty rounded rectangular box with a teal border, intended for writing a response to the question.



Day 21: What public worker are you thankful for?

A large, empty rounded rectangular box with a teal border, intended for writing a response to the question.



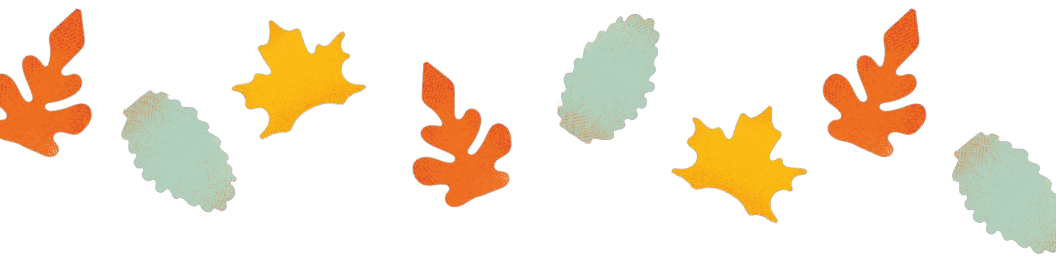
Day 22: What food are you thankful
for?

A large, empty rectangular box with a teal border, intended for the user to write their answer to the question.



Day 23: What is something you are grateful about this year?

A large, empty rounded rectangular box with a teal border, intended for the user to write their response to the question.



Day 24: Name 5 things good that happened today?

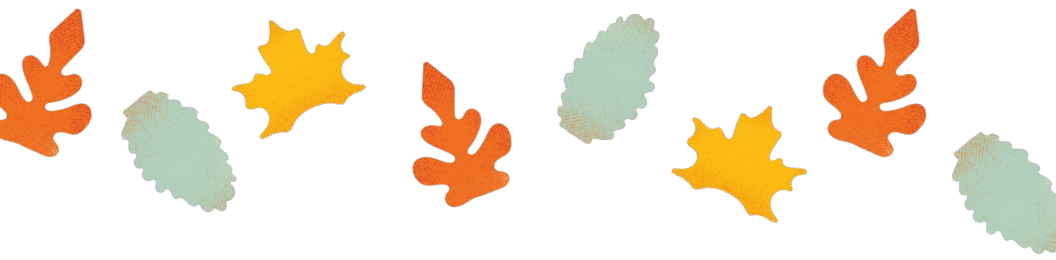


A large, empty rectangular box with a teal border, intended for writing the five good things that happened today.



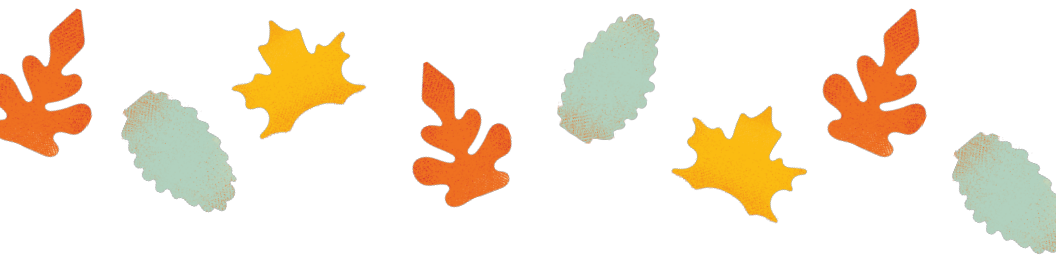
Day 25: What color are you grateful
for?

A large, empty rectangular box with a teal border, intended for the user to write their answer to the question.



Day 26: Go write someone you care about a "thank you" note.

A large, empty rectangular box with a thin blue border, intended for writing a thank you note. The box occupies the majority of the lower half of the page.

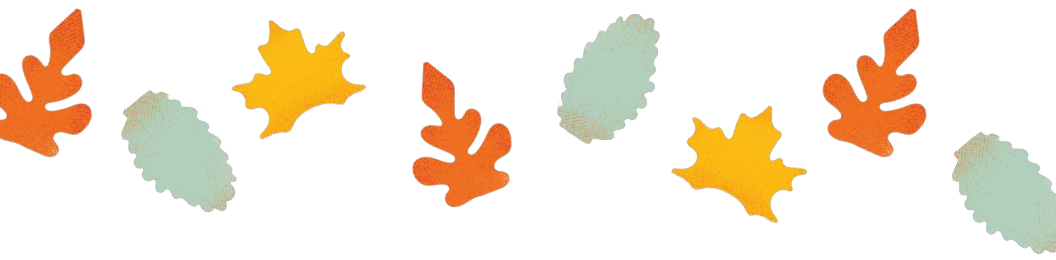


Day 27:



Call a person you haven't spoken to in awhile and say thank you!

A large, empty rounded rectangular box with a teal border, occupying the lower two-thirds of the page, intended for writing notes or reflections.

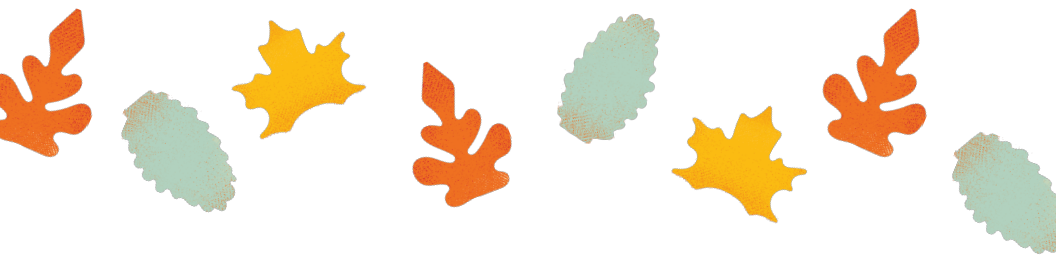


Day 28:

What is an item of clothing you are thankful for?



A large, empty rectangular box with a teal border, intended for writing the answer to the question.



Day 29:



What does "gratitude" mean to you? How have you changed since doing this challenge?

A large, empty rectangular box with a teal border, intended for writing a response to the question above.