

THANK YOU!

Printing Instructions:

The first set of journal pages is created for double sided printers. Select the pages you wish to print . Then adjust the printer settings to > landscape, bind on short edge, and print. Once printed, fold papers in half and continue with the binding process.

If you do not wish to print double sided, the second set of journal pages is for single sided printers. Simply print, cut pages in half, and bind!

Created by Admiral Acres - Holly Holt ©2023.

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www.admiralacres.com

DOUBLE SIDED PAGES FOR PRINTING

Date:

Draw something you are grateful for.

WHAT IS GRATITUDE

Gratitude is being thankful for what you already have. By recognizing what you are grateful for, you can multiply your joy and turn your focus toward God and His goodness. Gratitude isn't just about being thankful for the big things in life. It's about learning to see all things, big and small, that you can be thankful for.

LET'S REFLECT

Why is it important to be grateful?

How does it feel when you think about or talk about what you're grateful for?

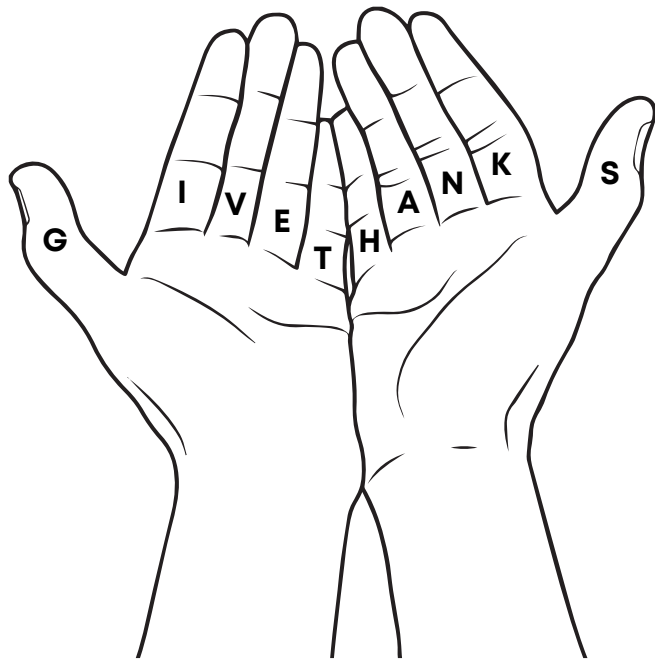
How can you be more grateful for the big things you have in life?

How can you be more grateful for the little things you have in life?

How can you show a person in your life you are grateful for them?

When you are focused on being grateful for what you have, does it make you want to do something kind or give something to someone in need?

Enter his gates with thanksgiving;
go into his courts with praise.
Give thanks to him and praise his name.
Psalm 100:4



G - gratitude

I - is

V - very

E - easy

T - thank others

H - help others

A - appreciate what you have

N - notice your blessings

K - know your gifts

S - serve others

Date:

Today I am most grateful for...

The best part of today was...

What can I learn from today's experiences?

Tomorrow I'm looking forward to...

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GRATITUDE PROMPTS

A strength of mine I'm grateful for...

Something money can't buy I'm grateful for...

Something that comforts me I'm grateful for...

Something that's funny I'm grateful for...

Something in nature I'm grateful for...

A memory I'm grateful for...

A challenge I'm grateful for...

Something beautiful I'm grateful for...

And whatever you do or say, do it as a representative of the Lord
Jesus, giving thanks through him to God the Father.
Colossians 3:17



Write what you are thankful for on the leaves and add more by drawing your own leaves to create a beautiful gratitude tree.

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What can I learn from today's experiences?

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Give thanks to the Lord and proclaim his greatness. Let the whole world know what he has done.

1 Chronicles 16:8

GRATITUDE GAME

Roll two dice and add up the numbers to match the sum with the prompts below. Take turns sharing what you are thankful for with your family and friends, or use the following pages to journal your answers.

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- 12 NAME ANYTHING YOU'RE THANKFUL FOR

SCAVENGER HUNT

Head out on an adventure to find things
to be grateful for all around you!
Take photos or journal about your findings.

a picture

something that is your favorite color

something that makes you smile

a gift to give to someone

favorite food

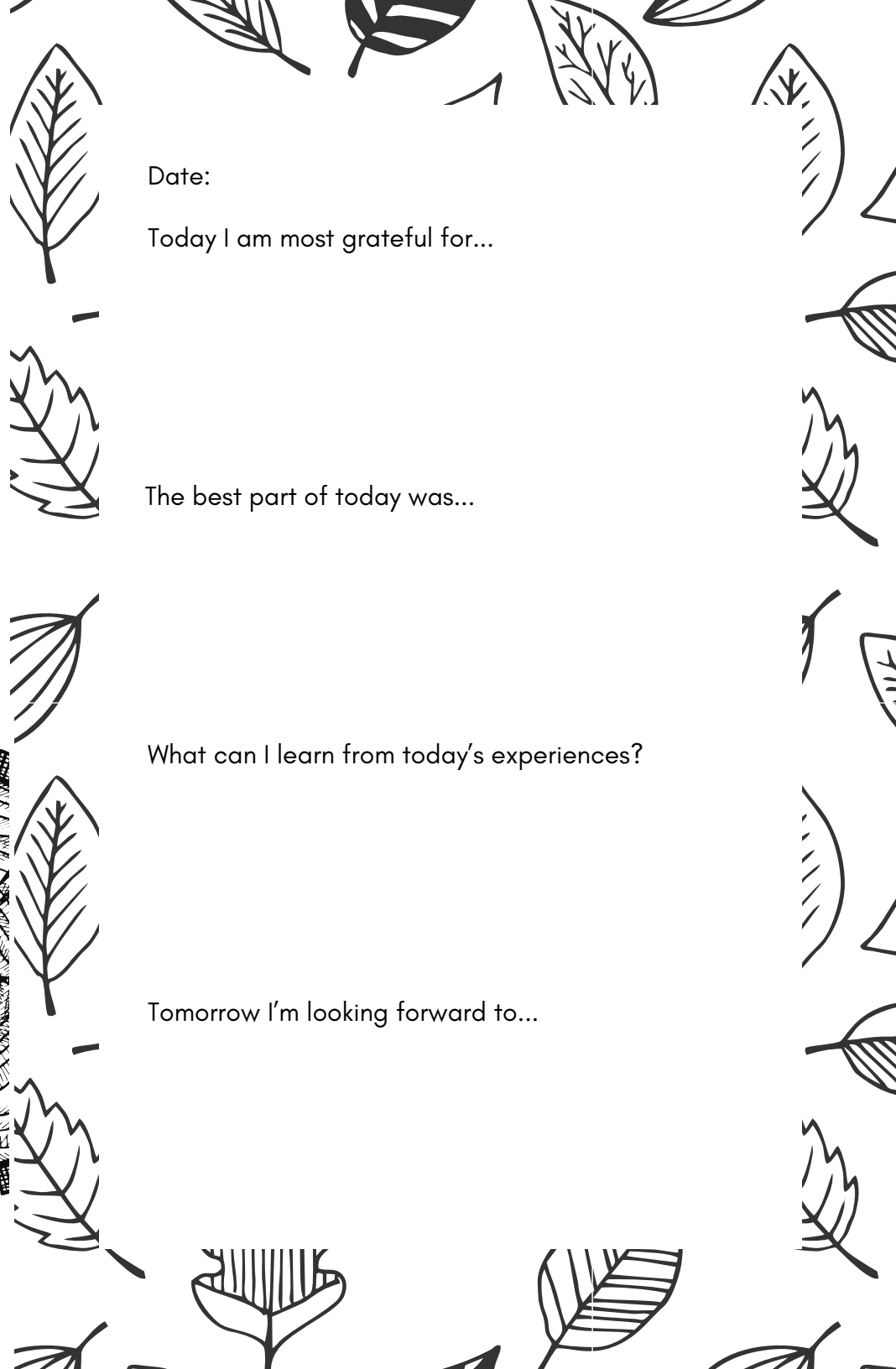
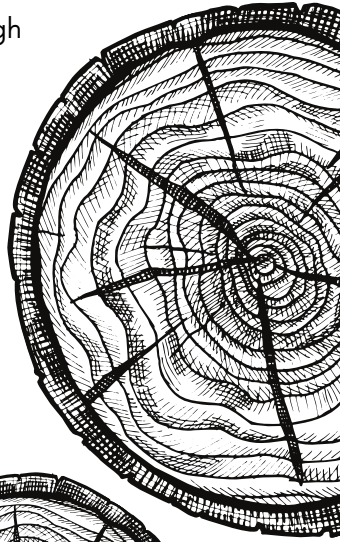
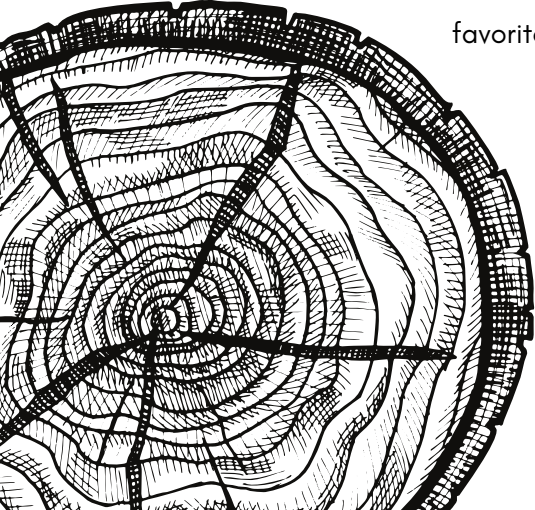
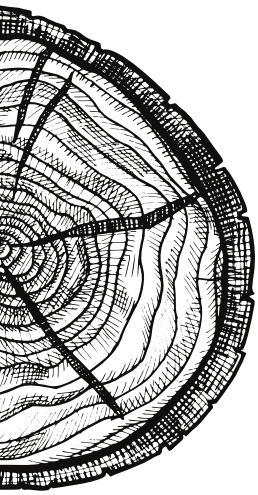
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favorite game

something you love

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Draw something you are grateful for.

Always be joyful. Never stop praying.
Be thankful in all circumstances, for this is God's will for
you who belong to Christ Jesus.
1 Thessalonians 5:16-18

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Don't worry about anything; instead, pray about everything.
Tell God what you need and thank him for all he has done.
Phillippians 4:6



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Psalm 9:1-2



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Psalm 106:1



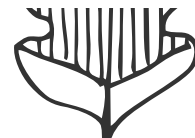
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SINGLE SIDED PAGES FOR PRINTING

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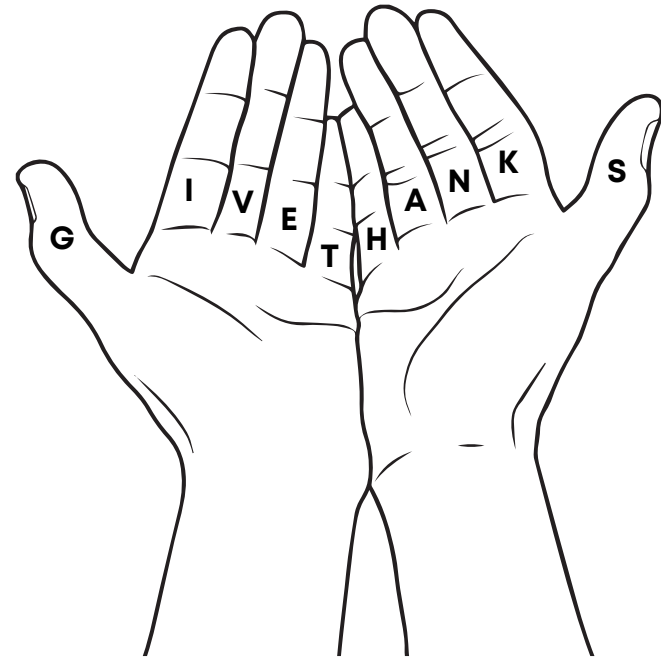
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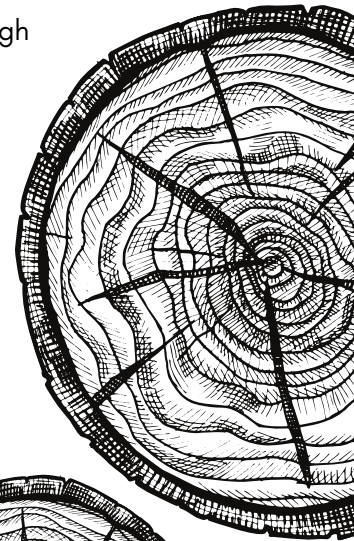
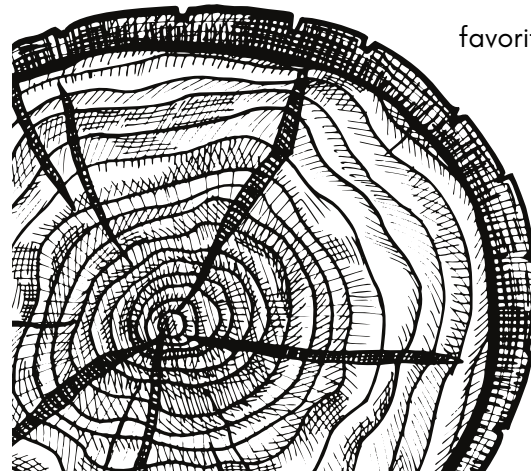
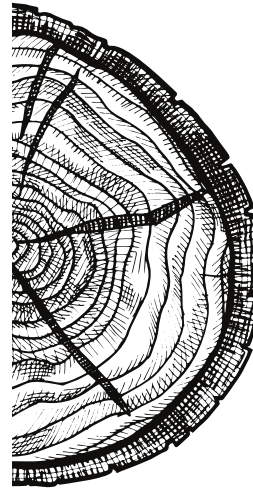
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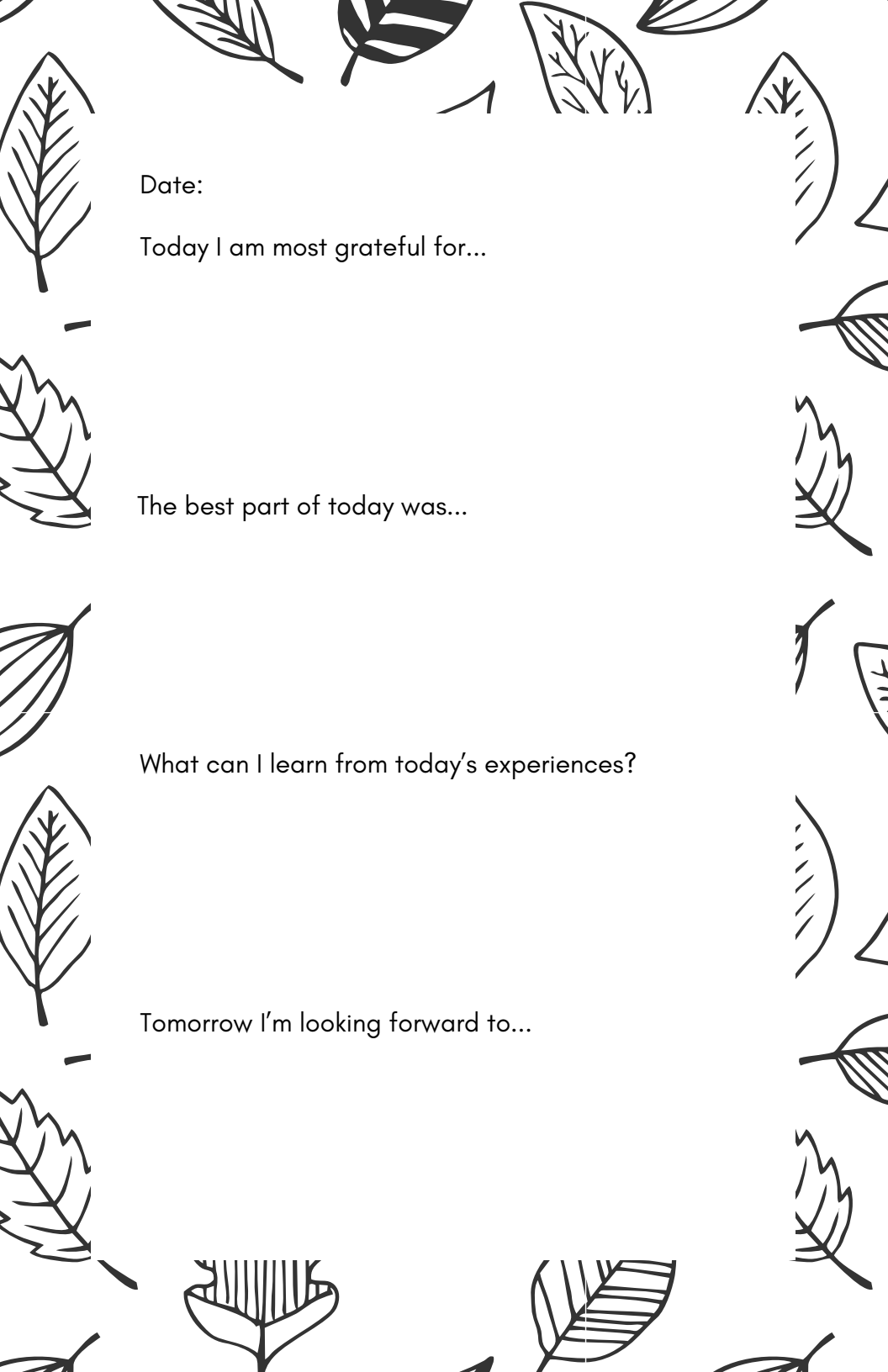
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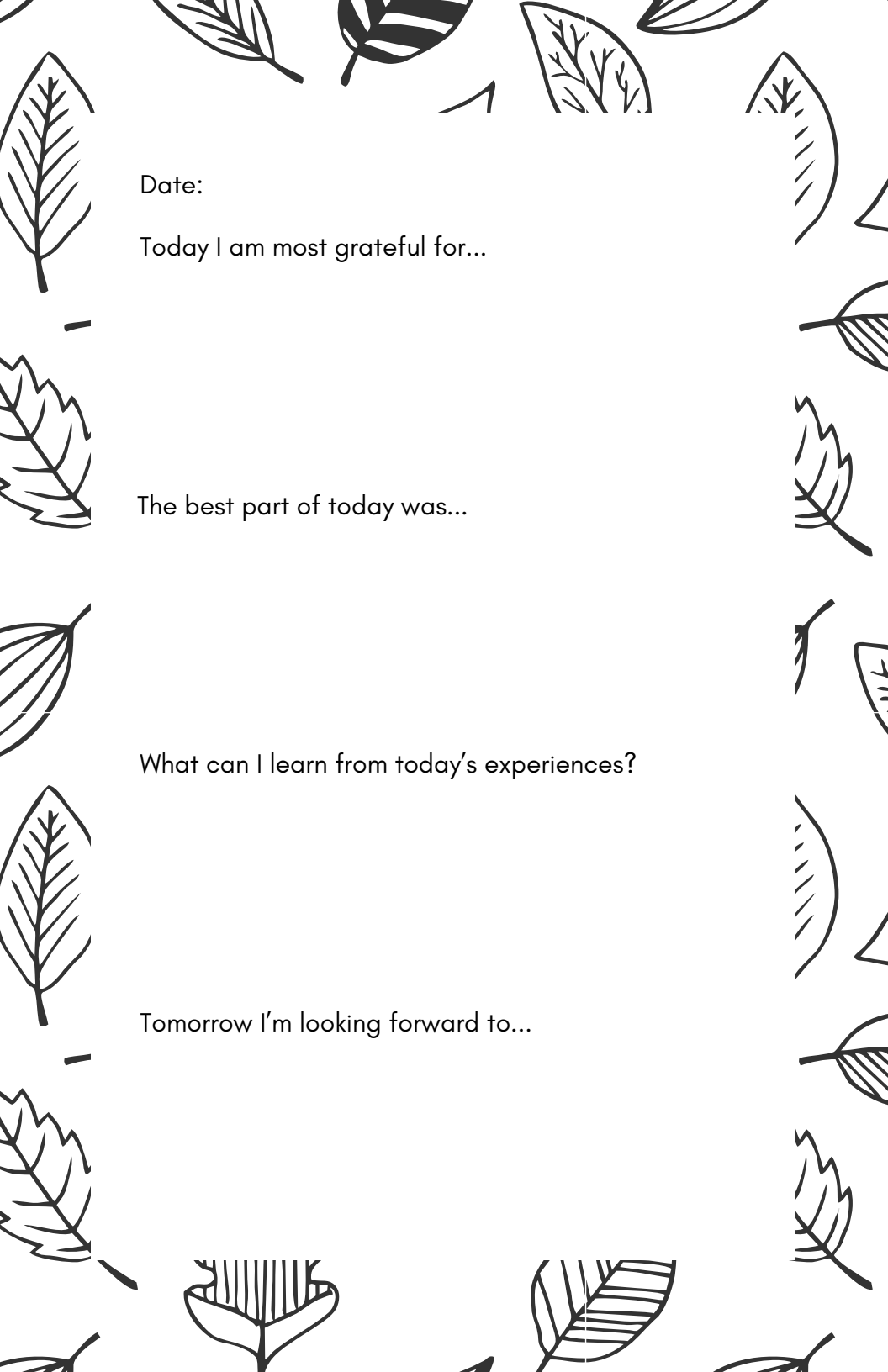
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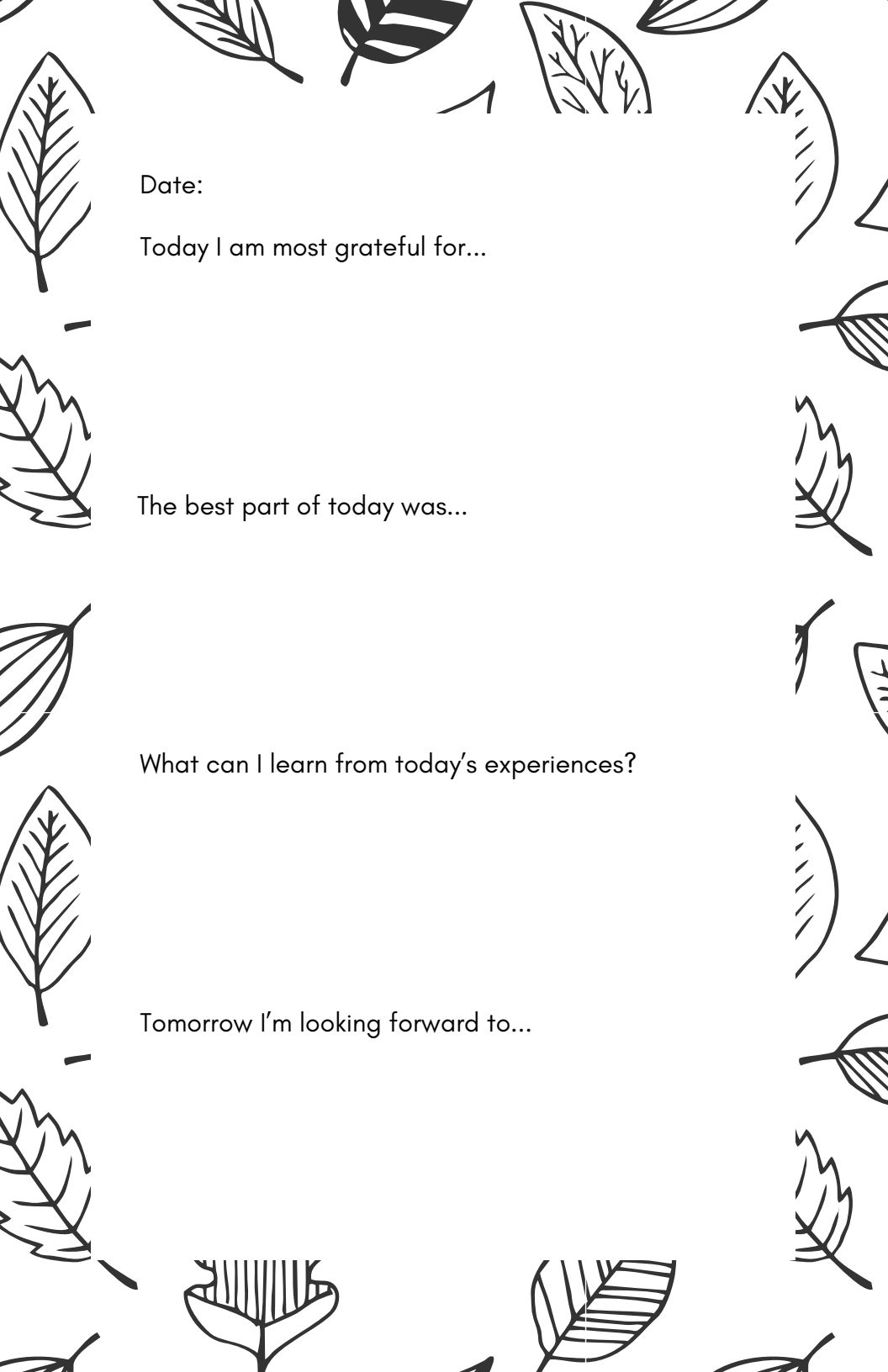
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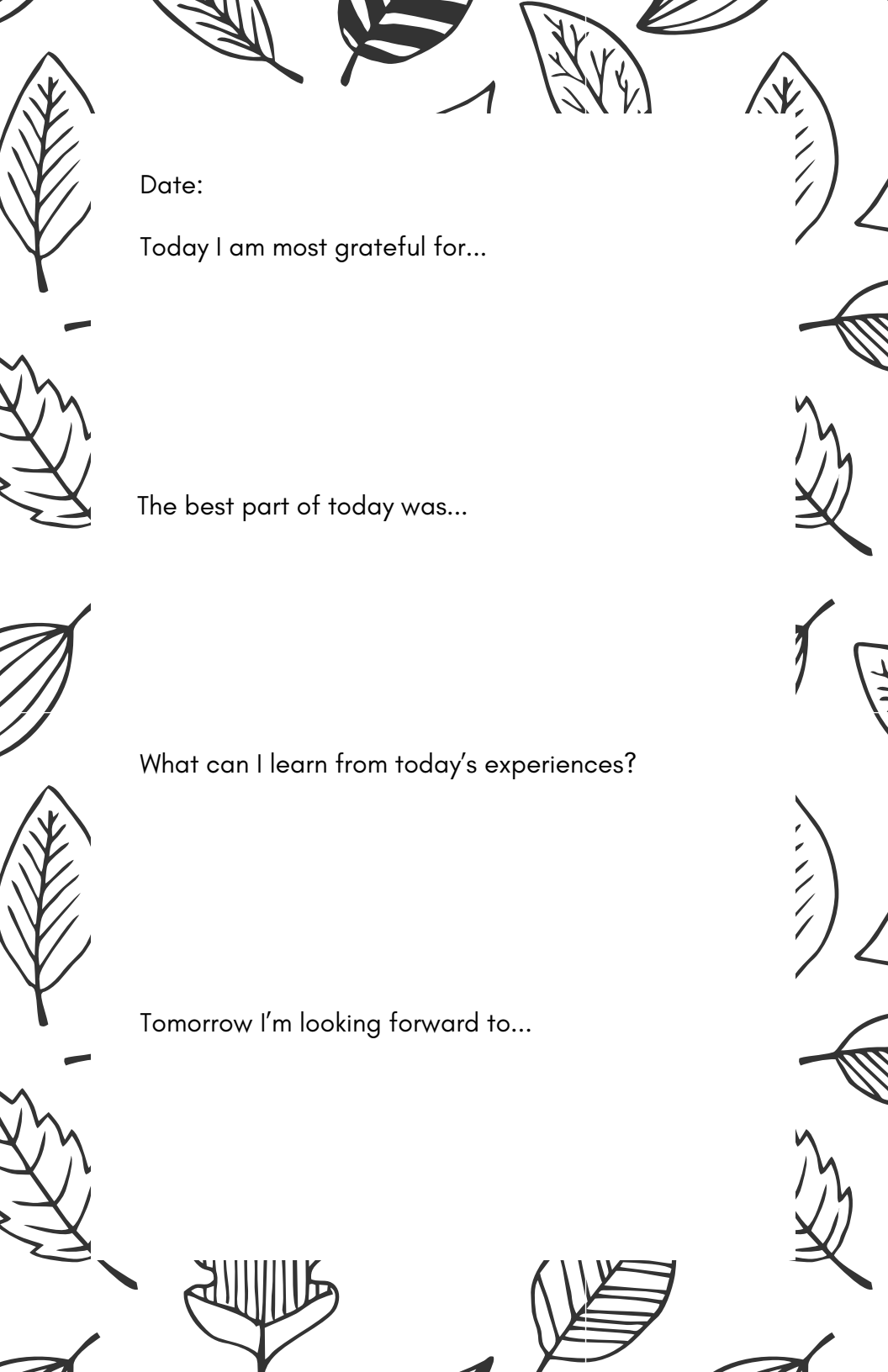
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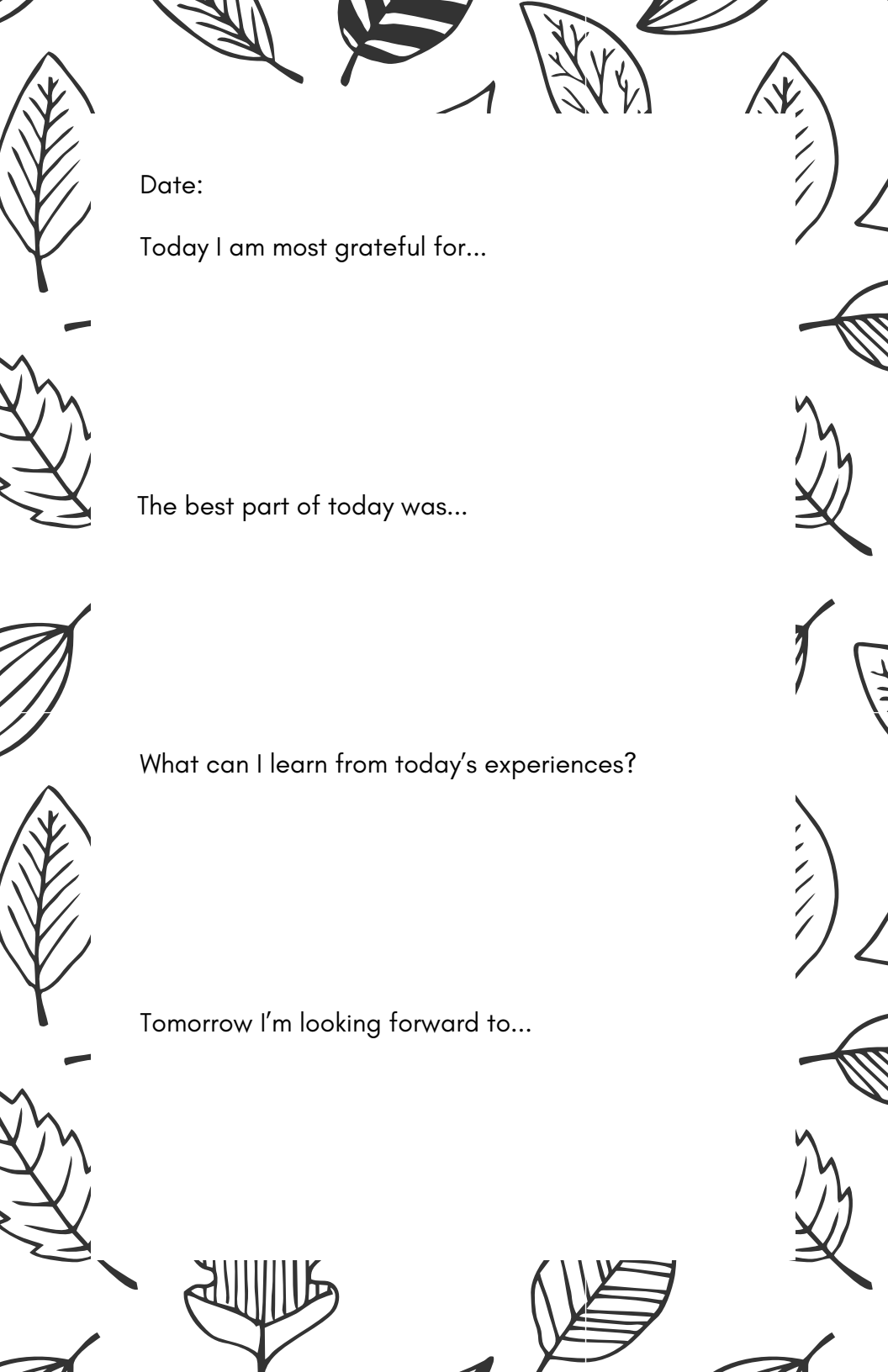
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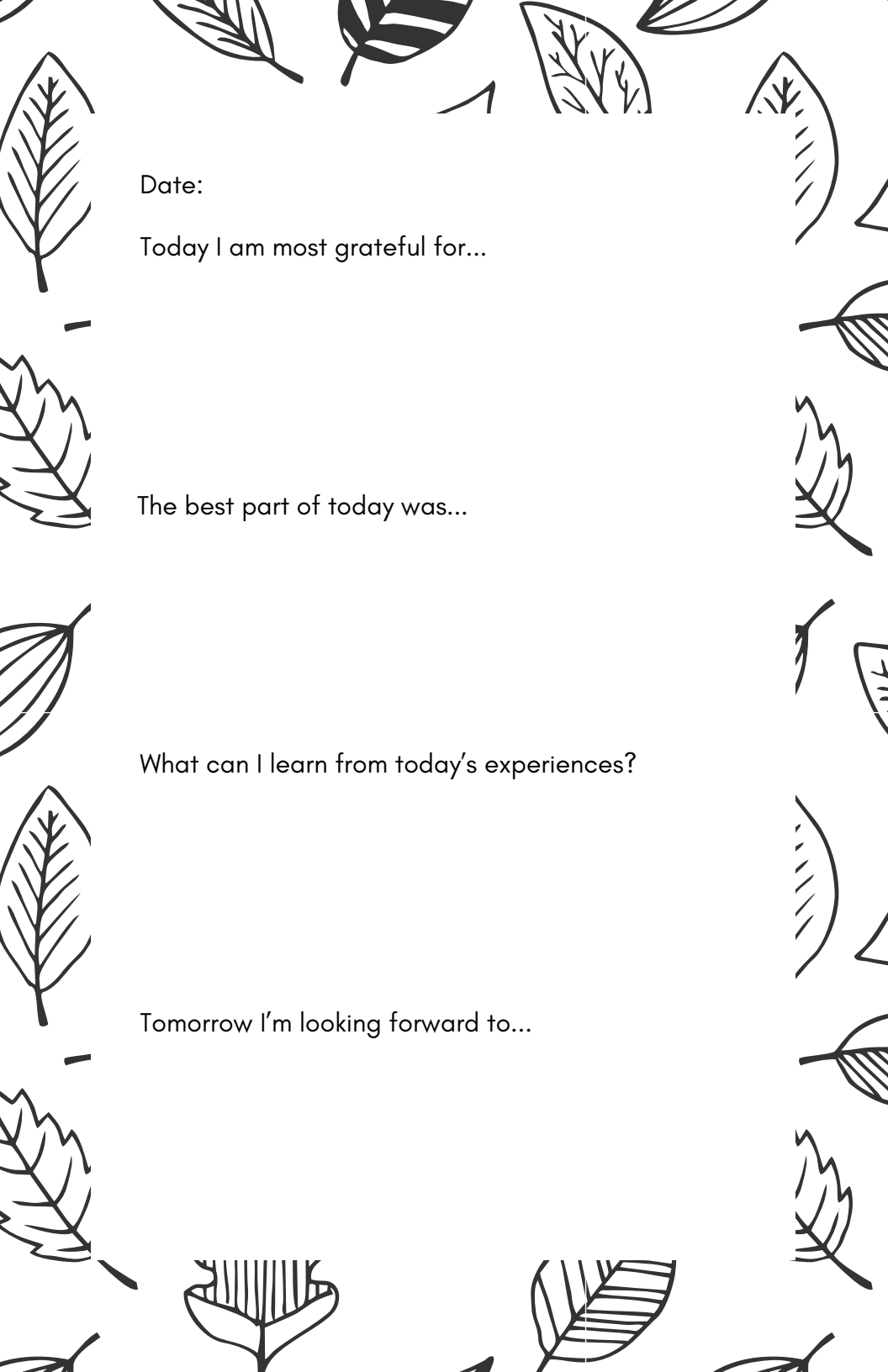
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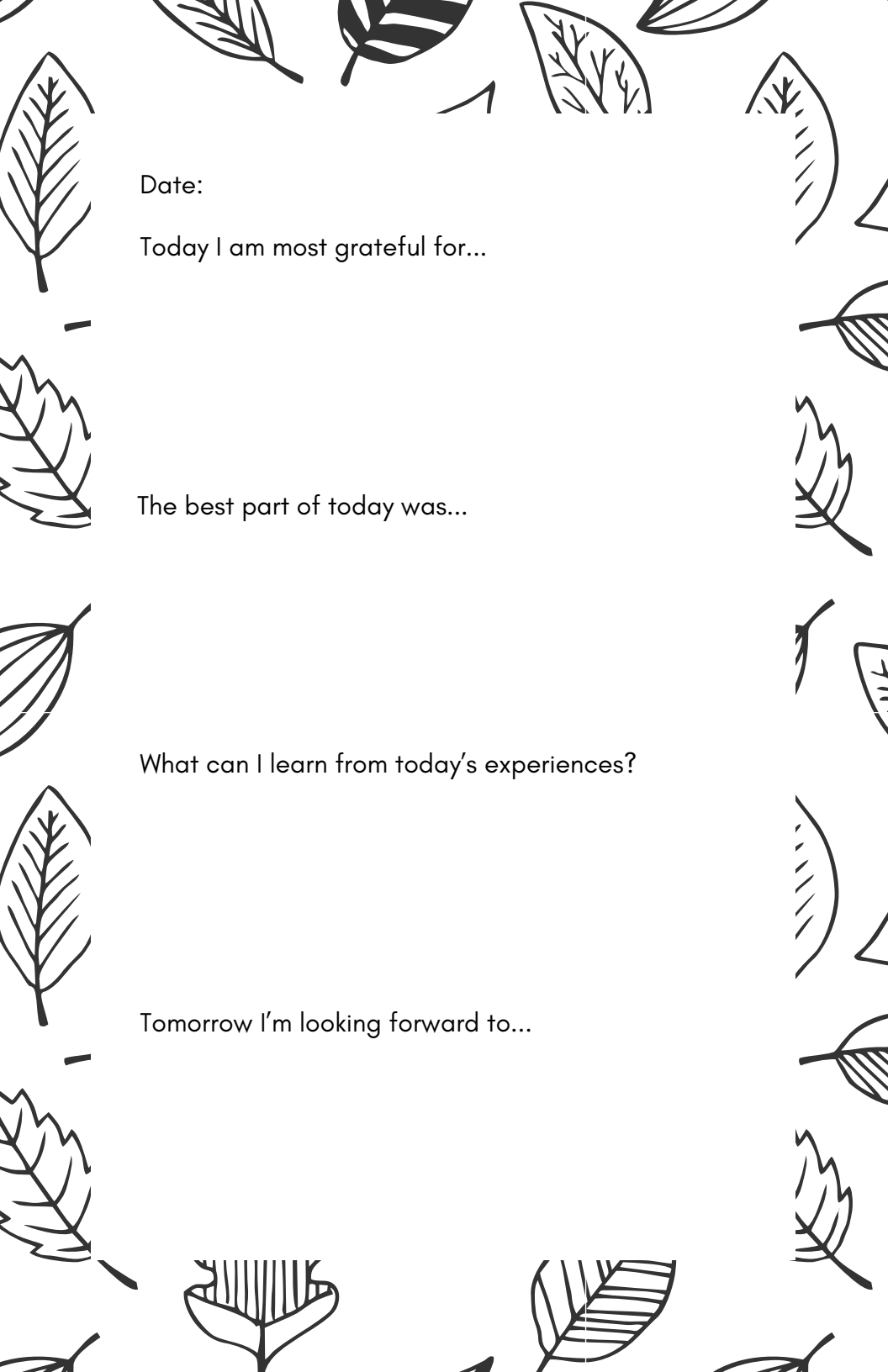
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