

Gratitude

DATE

LIST THREE THINGS YOU ARE THANKFUL FOR TODAY







**WHO, IN THIS ROOM, ARE YOU GRATEFUL FOR
THE MOST, AND WHY?**

**IF YOU COULD DO TODAY (OR THE WEEK)
OVER, WHAT IS ONE THING YOU WOULD
CHANGE?**

WRITE A STATEMENT OF AFFIRMATION: ONE THING I LOVE ABOUT MYSELF IS...

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THANK YOU FOR USING ONE OF OUR RESOURCES!

about your product

Thank you for downloading the gratitude worksheet! This is an excerpt, and slightly modified worksheet, from our daily teacher gratitude journals. The journals also include inspirational quotes, bite-sized teaching tip, and weekly challenges. Teaching can be hard but using this tool on a daily basis for yourself or with your students has been scientifically proven to increase happiness and well-being. To learn more behind the science, visit the work of positive psychologist Robert Emmons.

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about EDpiphany:

EDpiphany is a place for educators to find inspiration and resources to be at their best, personally and professionally.

Go ahead, poke around. Stay a while. You may find something you enjoy, or even love.



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