

NAME: \_\_\_\_\_

**MY  
GRATITUDE  
JOURNAL**

*Drawing Book*

Natalia Boucher Psychotherapy

# I am thankful for...

Day 1

Day 2

# I am thankful for...

Day 3

Day 4

# I am thankful for...

Day 5

Day 6

# I am thankful for...

Day 7

Day 8

# I am thankful for...

Day 9

Day 10

# I am thankful for...

Day 11

Day 12

# I am thankful for...

Day 13

Day 14



# I am thankful for...

Day 15

Day 16

# I am thankful for...

Day 17

Day 18

# I am thankful for...

Day 19

Day 20

# I am thankful for...

Day 21

Day 22

# I am thankful for...

Day 23

Day 24

# I am thankful for...

Day 25

Day 26

# I am thankful for...

Day 27

Day 28

# I am thankful for...

Day 29



Day 30





The best about this month...