NAME: DATE:

DAILY "I AM" GRATITUDE SHEET

I AM Grateful For Who I Am

I AM proud of myself because: _____

I AM strong when I: _____

I AM a good friend because: _____

I AM Mindful of My Day

3 Things I AM happy to see today:

1.) _____

2.) _____

3.) _____

1 Person I AM thankful for and why: _____

I AM Growing

A mistake I AM thankful I learned from:

_____

Something hard I did today that I AM proud of:

_____

I AM Sending Kindness

Today, I AM going to make someone smile by:

_____