

# Positive Journal Worksheet

## Monday

Write down three things you are grateful for today – no matter how big or small.

- 1.
- 2.
- 3.

## Tuesday

Write down a nice act someone has done for you this week.

- 1.
- 2.
- 3.

## Wednesday

Write down something nice you have done for someone else or something nice you could do.

- 1.
- 2.
- 3.

## Thursday

Write down three things you are grateful for today – no matter how big or small.

- 1.
- 2.
- 3.

## Friday

Write down a nice act someone has done for you this week.

- 1.
- 2.
- 3.

## Saturday

Write down something nice you have done for someone else or something nice you could do.

- 1.
- 2.
- 3.