

FAMILY & FRIENDSHIP GRATITUDE WORKSHEETS



Write a heartfelt thank-you
note to a family member



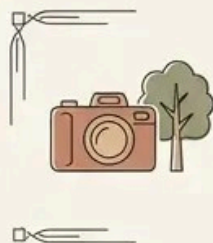


A page celebrating your closest
friends: Write their names









Describe a shared memory
you're grateful for







Recall and write down three
small acts of kindness









Habit tracked: Today.

SAVE THIS PIN

for more connection and joy.