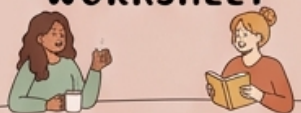


GRATITUDE FOR RELATIONSHIPS & FRIENDSHIPS WORKSHEETS

FRIENDSHIP APPRECIATION WORKSHEET



I am grateful for my friend
[NAME] because...

A fun memory we shared
is...

How they make me feel
supported:

FAMILY GRATITUDE PAGE



Something I love about my
family dynamic:

A lesson I've learned from
a family member:

I appreciate [NAME]'s
contribution of:

ACTS OF KINDNESS REFLECTION



A recent act of kindness I
received:

How did it make me feel?

One small way I can show
kindness today:

SUPPORT CIRCLE ACTIVITY



Who is in my 'Inner Circle'?

One person I can rely on for
practical help:

Who makes me feel safe to
be myself?