

An Attitude of Gratitude Diary

An attitude of gratitude means making it a habit (something you do regularly) to express thankfulness in all parts of your life for both the big and small things.

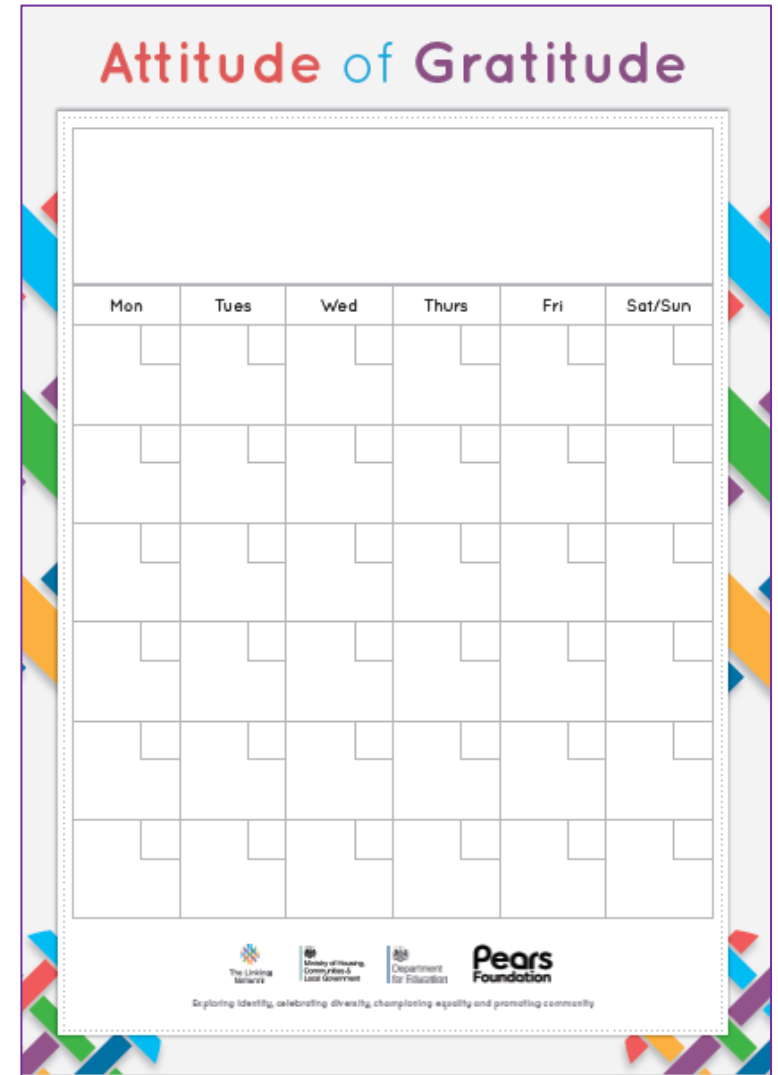
When we notice the good things that happen to us and around us, it helps to make us happier.

Look around you now. What do you notice that you could be thankful or grateful for?

Share the things that you have noticed with an adult in your house. Ask them about the things that they've noticed. Can you spot any similarities?

Why not keep a gratitude diary? In it, you can add something you are grateful for every day. When your diary is complete, you can look back and see all the things that have made you happy.

You can use the template that we have available on our website, or make a diary of your own.



The image shows a template for a gratitude diary. It features a large white rectangular area with a dotted border, intended for writing. Above this area, the title "Attitude of Gratitude" is written in a colorful, multi-colored font. Below the title is a grid with six columns labeled "Mon", "Tues", "Wed", "Thurs", "Fri", and "Sat/Sun". The grid has six rows, providing space for daily entries. At the bottom of the template, there are logos for "The Linking Network", "Ministry of Housing, Communities & Local Government", "Department for Education", and "Pears Foundation". Below the logos is the tagline: "Exploring identity, celebrating diversity, championing equality and promoting community".