

Peer


pressure

Date : _____


My Feelings



Today I'm Grateful For



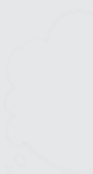
Best Thing Happened Today



People I'm Grateful To



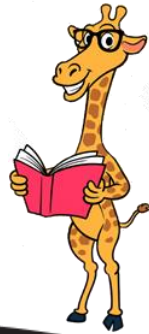
My Reflection



Things I Learned Today

Things Look Forward To

Say “No” like you mean it. Make eye contact, then say “No” forcefully, with authority. The more certain you are in your refusal; the fewer people will bug you



DATE ____/____/____

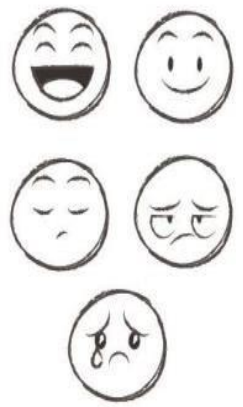
(SUN) (MON) (TUE) (WED) (THU) (FRI) (SAT)

I AM THANKFUL FOR TODAY BECAUSE:

1. _____
2. _____
3. _____

SOMEONE WHO I THANKED TODAY:

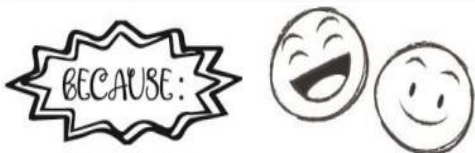
EMOTIONS



ACT OF GRATITUDE

DATE ___/___/___ SUN MON TUE WED THU FRI SAT

TODAY I AM GRATEFUL FOR: _____



DRAW OR WRITE ABOUT SOMETHING ELSE
THAT MADE YOU GRATEFUL TODAY.


A large, rounded rectangular box with a folded top-left corner, intended for drawing or writing.

Date : _____

My Feelings



Today I'm Grateful For



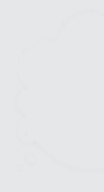
Best Thing Happened Today



People I'm Grateful To



My Reflection



Things I Learned Today

Things Look Forward To