



THANKFUL(ISH) JOURNAL

A 10-day gratitude adventure
full of silly prompts, doodles,
and wild what-ifs!



Date: _____

3 THINGS I'M THANKFUL FOR

(Even if they're weird)

Burps that sounds like words, crunchy taco shells,
dry socks, bubblegum-flavored toothpaste... it all counts.



Date: _____

I'M SECRETELY THANKFUL FOR

Be honest — even silly or weird things like
"broccoli that looks like a tree" or "rain that gets
me out of soccer practice.

Date: _____

IF GRATITUDE WERE A SUPERPOWER, WHAT WOULD YOURS BE CALLED?

(The Thank-a-nator, The Kindness Blaster...)

Date: _____

WHAT'S THE NICEST THING SOMEONE HAS EVER DONE FOR YOU?

Write it like you're telling your best friend.

Date: _____

WHO WOULD YOU THANK IF YOU COULD THANK ANYONE IN THE WORLD? (REAL OR IMAGINARY)

unicorns, teachers, tacos – all fair game

Date: _____

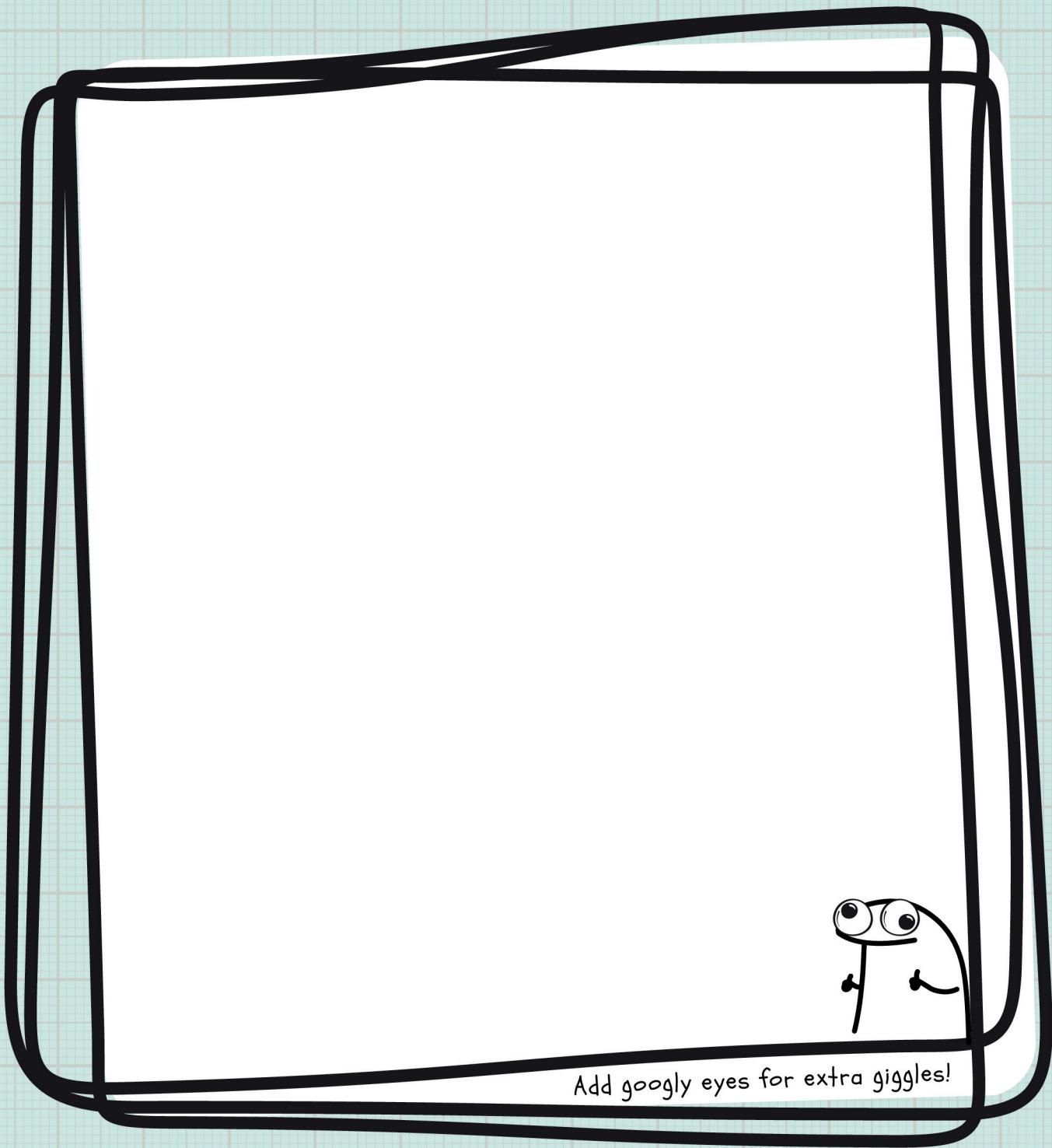
WHAT WOULD HAPPEN IF A TURKEY WROTE A “THANK YOU” NOTE?

Write from the turkey's point of view — "Dear Farmer Bob, thanks for feeding me... maybe I could diet in November?"



THANK YOU

**DRAW SOMETHING THAT MAKES YOU
SMILE**



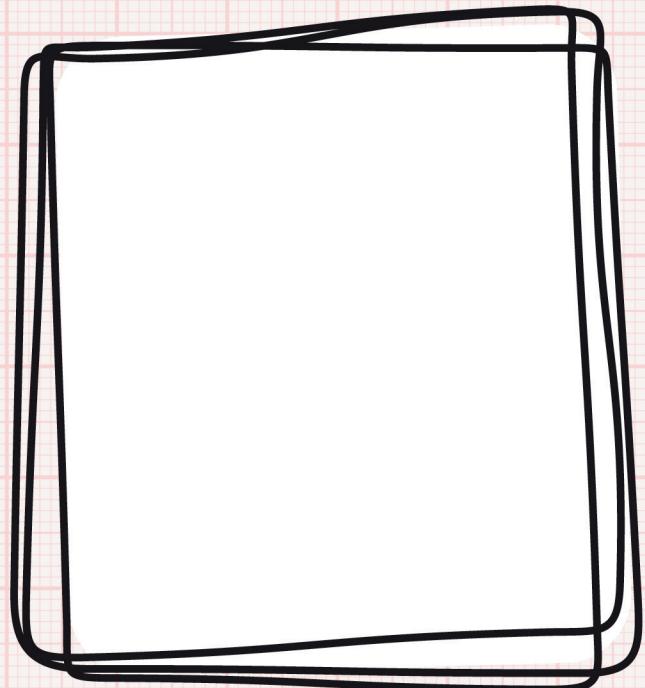
Add googly eyes for extra giggles!

Date: _____

Date: _____

DRAW OR WRITE ABOUT YOUR "THANFUL(ISH)" FACE

A silly expression for when you're thankful... but also kind of not — like when Mom makes you thank Aunt Karen for socks.



Date: _____

WRITE A THANK YOU NOTE TO SOMETHING THAT DOESN'T HAVE FEELINGS

"Dear Toilet Paper, thanks for always being there for me."

Date: _____

WHAT'S SOMETHING YOU CAN DO TODAY TO SHOW THANKS? (WITHOUT SAYING IT)

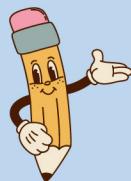
(Action-based gratitude — hug someone, share a snack,
do a chore, make a card.)

BONUS BLUE RIBBON "THANKFUL(ISH)" AWARDS

Feel free to cut these out and award them.



BEST SNACK EVER



MOST RELIABLE PENCIL



COOLEST PET



FUNNIEST FAMILY MEMBER



COMFIEST SPOT TO CHILL