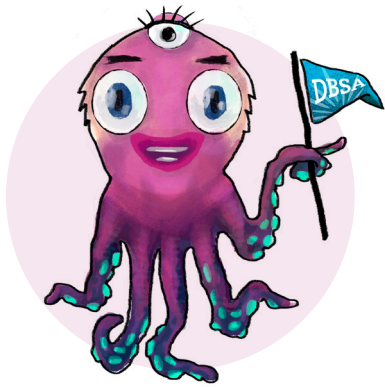


# Happy's Gratitude Journal



HI! I'm HAPPY  
from the DBSA Mood Crew!

Gratitude is a big word, but basically it means feeling thankful!  
I keep a gratitude journal, because remembering what I feel  
thankful for helps me feel like me...happy! Want to try gratitude  
journaling with me?

Helping my friends find gratitude  
puts a smile on my face!

WHAT IS SOMETHING THAT MADE  
YOU SMILE TODAY?

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I'm thankful for all my friends  
in the DBSA Mood Crew!

WHO ARE YOU THANKFUL FOR TODAY?

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I'm proud of the work I did at school!

WHAT IS SOMETHING YOU FEEL  
PROUD OF THIS WEEK?

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I love my upbeat attitude!

WHAT QUALITY DO YOU LOVE  
MOST ABOUT YOURSELF?

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I like to cuddle with my cat when she purrs.

WHAT IS SOMETHING YOU ARE GRATEFUL FOR?

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