

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?

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

WHO ARE YOU THANKFUL FOR TODAY?

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

WHAT IS SOMETHING YOU FEEL
PROUD OF THIS WEEK?

I love my upbeat attitude!

WHAT QUALITY DO YOU LOVE
MOST ABOUT YOURSELF?

I like to cuddle with my cat when she purrs.

WHAT IS SOMETHING YOU ARE GRATEFUL FOR?



Searching for Happiness

Happy has created a word search of things that make her feel happy. Complete the word search below and then think of some things that make you feel happy.



HAVING FUN

LOVE

SMILING

GRATITUDE

POSITIVITY

CELEBRATING

LAUGHING

FRIENDS

FAMILY

JOKES

GAMES

PLAYING

L	I	N	P	N	S	H	N	S	N	O	A	I	P
J	C	L	A	U	G	H	I	N	G	G	N	S	A
O	V	L	F	A	M	I	L	Y	O	E	G	N	I
K	S	D	N	E	I	R	F	G	R	S	V	A	N
E	L	G	N	N	A	S	S	I	I	I	N	P	M
S	O	P	L	A	Y	I	N	G	R	I	S	O	K
R	V	R	H	I	V	G	I	T	A	I	E	S	C
R	E	E	D	U	T	I	T	A	R	G	M	I	L
N	I	U	D	G	I	I	I	J	Y	G	A	T	F
N	E	N	S	M	I	L	I	N	G	A	G	I	E
P	S	H	A	V	I	N	G	F	U	N	Y	V	F
C	E	L	E	B	R	A	T	I	N	G	D	I	P
S	E	S	S	F	T	N	E	A	I	G	O	T	P
E	L	V	E	U	I	T	G	E	N	D	A	Y	N

List some things that make you feel happy:

1. _____
2. _____
3. _____
4. _____
5. _____



Depression and Bipolar
Support Alliance

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