

NAME: _____

DATE: _____

GRATITUDE REFLECTION



WRITE AND DRAW WHAT YOU ARE GRATEFUL FOR TODAY:

DESCRIBE WHAT YOU LOVE ABOUT YOURSELF:

DESCRIBE WHAT YOU ARE EXCITED ABOUT:

Name:

Date:

Positive Affirmation Handwriting Practice

I can be anything I
want to be when I
grow up.

Practice Time!

Handwriting practice lines consisting of solid top and bottom lines with a dashed middle line for letter height guidance.

Name:

Date:

Positive Affirmation Handwriting Practice

Making mistakes

helps me grow and

learn new things.

Practice Time!

Handwriting practice lines consisting of solid top and bottom lines with a dashed midline.

Name:

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Positive Affirmation Handwriting Practice

I get better and

learn new things

every day.

Practice Time!

Handwriting practice lines consisting of solid top and bottom lines with a dashed midline for letter height guidance.

Name:

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Positive Affirmation Handwriting Practice

I can try something
again, even if I fail
the first time.

Practice Time!

Handwriting practice lines consisting of solid top and bottom lines with a dashed middle line for letter height guidance.

Name:

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Positive Affirmation Handwriting Practice

I can challenge my
brain and learn new
things.

Practice Time!

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Positive Affirmation Handwriting Practice

I am brave because

I can take on new

challenges.

Practice Time!

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Positive Affirmation Handwriting Practice

I can take a deep

breath and try

again.

Practice Time!

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Positive Affirmation Handwriting Practice

I am beautiful and
unique just the way
I am.

Practice Time!

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Positive Affirmation Handwriting Practice

Every day is a day
to learn something
new!

Practice Time!

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Name:

Date:

Positive Affirmation Handwriting Practice

I can be a good
friend and a leader
today.

Practice Time!

Handwriting practice lines consisting of solid top and bottom lines with a dashed middle line for letter height guidance.



**I am in control of
my actions.**



**It's alright to feel
my emotions.**



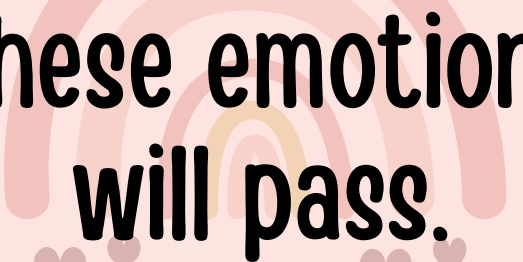
**I can learn from
my mistakes.**



**I am valuable.
I am enough.**



**I can make a
difference.**



**These emotions
will pass.**



**I believe in my
abilities.**



**I am responsible
for my words.**



I grow from my mistakes.



I don't need to be perfect.



I get better every day.



I have a positive attitude.



**I forgive myself
for my mistakes.**



**It is enough to do
my best.**



**I am strong and
determined.**



**I can get through
anything.**