

Name _____



Grateful Reflections

Directions: Think about your week. Each day, write about one good thing that happened, one person you appreciate, and one way you spread positivity. Reflect on whether each feeling was small, medium, or big and how it affected your mood.

1. **One Good Thing That Happened:** Describe a moment this week that made you feel good. It could be something small, like a kind word, or something big, like reaching a goal.

2. **One Person I Appreciate:** Write about someone who made your week better. What did they do, and how did it make you feel?

3. **One Way I Spread Positivity:** Describe something kind or helpful you did for someone else. How did it make you feel afterward?

4. **Reflection Question:** Which of these moments gave you the biggest positive feeling? Why do you think that was?
