



My Gratitude Poem



Gratitude helps us notice moments of comfort, connection, growth, and hope. Use this space to create a poem about the people, places, experiences, or strengths you are thankful for.

1 Today I feel grateful for...

2 Words that describe gratitude to me...

thankful peaceful hopeful

loved grounded blessed

joyful connected present

Small moments matter.

There is still beauty here.

Gratitude does not erase pain – it helps us hold hope too.

My story is still growing.

3 My Gratitude Poem ..

4 Things I want to remember on hard days...

5 Reflection :-

How did it feel to write this poem?

You are allowed to feel all that you feel.
You are doing your best.
Thank you for being here. You matter.

