Teen Gratitude Steps

Safety. Define. Notice. Practice. Write. Thanks. Check. Plan. Log.

Name: _____ **Date:** _____

1. Safety sort

Crisis or harm now?
Pause. Get help.

2. Define honestly

Noticing good is OK.
Forced smile is not.

3. Notice one item

Received, person,
effort, or small good.

4. Choose a practice

3 good things,
journal, savor, thank.

5. Write or say it

Keep it concrete: who,
what, when.

6. Optional thanks

Private text or quiet
thank you.

7. Check what shifted

Before/after 0-10.
Hard feelings OK.

8. Tiny next-day plan

One practice, place,
and time cue.

9. Log and bridge

Log practice. Bridge
to other tools.

Tip: a kept one line practice beats an abandoned twenty page ideal.

Safety: if you or someone else is in danger, stop and get help. US: 988 · HOME to 741741 · 911

Educational only. Not a diagnosis. Prefer a safety plan in acute crisis.

Original layout by Lotus & Tulip, based on teen gratitude skill practice. A practice tool, not therapy.

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My Gratitude Plan

Item. Practice. Shift. Thanks. Tiny plan. Check-back.

Name: _____ **Date:** _____

Concrete item I noticed (who / what / when / received / effort):

_____

Why it matters to me: _____

Practice I choose (3 good things / journal / savor / thank):

_____

Before / after check (0-10 mood or tension) + what shifted:

_____

_____

Optional private thanks (who + how: text / note / in person):

_____

_____

Tiny next-day plan + adult I will update:

1. Practice + place + time cue: _____
2. Privacy choice (journal / text / skip share): _____
3. Adult I will update: _____

Chosen plan + check-back time:

_____

What I will try if forced positivity shows up mid-plan:

_____

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Gratitude Practice Log

Seven days of items, practices, thanks, and tiny plans.

Name: _____ **Date:** _____

Day / date	Item noticed	Practice used	What helped	Reflect / note
1.				
2.				
3.				
4.				
5.				
6.				
7.				

Teen mini card (cut out and keep)

Item today: _____ Adult I tell: _____

Safety · Notice · Practice · Thanks · Plan · Log

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