



# Gratitude Journal for Educators

**Appreciating the moments that shape our students' futures**



# People I Want To Help

Name:

Why?

Name:

Why?

Name:

Why?

Name:

Why?

Name:

Why?

Name:

Why?

Name:

Why?

Name:

Why?

Name:

Why?

Name:

Why?

Name:

Why?

Name:

Why?

Name:

Why?

Name:

Why?

Name:

Why?

Name:

Why?

Name:

Why?

Name:

Why?

# Hope Journal

I get excited about...



My ultimate goal is...

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I'm motivated by...



Things I enjoy...

<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	

Things I'm good at...


One way to make this experience fun...



One step I can make today...



My cheerleaders are...


What I hope to achieve...

<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	

Notes

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# Smart Goals

**S**

## SPECIFIC

What exactly are you hoping to accomplish?



**M**

## MEASURABLE

How will you know when you've succeeded?



**A**

## ATTAINABLE

Do you have any control over it?



**R**

## RELEVANT

Is it relevant to where you are at the moment?



**T**

## TIMELY

What time frame do you have?









