Gratitude Scavenger Hunt

Reflect on what you noticed

Pick 5 finds from your hunt. Write what you noticed, then why it matters to you.

1) Something small

I found/notice: _____

I'm grateful because:

_____

_____

_____

2) Something that helped me

I found/notice: _____

I'm grateful because:

_____

_____

_____

3) Something beautiful

I found/notice: _____

I'm grateful because:

_____

_____

_____

4) Someone who supports me

I found/notice: _____

I'm grateful because:

_____

_____

_____

5) A moment I want to remember

I found/notice: _____

I'm grateful because:

_____

_____

_____

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