

# There's Power in a Pause:

## Gratitude Journal Prompts for Teens

Take a moment to sit back, breathe, and reflect. What was the best part of your day? Describe why it was significant to you.

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Practice this grounding exercise to calm your mind and bring focus to the things around you.



- Name 5 things you see right now
- Name 4 things you feel right now
- Name 3 things you hear right now
- Name 2 things you smell right now
- Name 1 thing you taste right now

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At times, we all feel a bit lonely or lost. It's important to remember who can support you when you're feeling this way. List three people you are grateful for and what you appreciate about each of them.

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Time to focus on you! What are three qualities or skills you have that you're thankful for? How do they help you?

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**Self-Care Checklist:**  
*Have you cared for your body and brain today?*

- Ate Breakfast
- Went Outside
- Ate Lunch
- Talked to a Friend
- Ate Dinner
- Took Deep Breaths
- Drank Water
- Slept 7-9 Hours
- Moved My Body
- Journalled
- \_\_\_\_\_
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# There's Power in a Pause:

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Think of a challenge you faced recently. What did you learn from it, and what are you grateful for in that experience?

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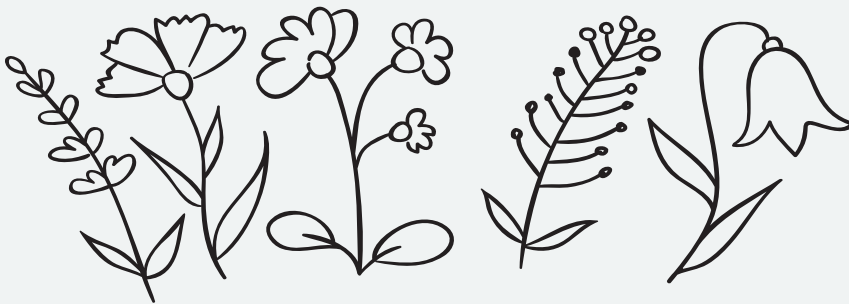
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Take some time to relax and color to find a sense of calm.



Where you are now is not where you'll always be. Keep growing!