7 DAYS OF GRATITUDE JOURNALING

# Thanksgiving Week

count your blessings, one page at a time · November 24 to 30, 2026

TECHNIQUE try something new with your supplies · MEMORY tell a story worth keeping

NOV 24 TUE

MEMORY **Thankful Roots** Who taught you to say thank you? Write about a grandparent, parent or friend who showed you what gratitude looks like.

NOV 25 WED

TECHNIQUE **Kraft and Gold** Stamp a thankful sentiment on kraft cardstock and heat emboss it in gold, then save it for your Thanksgiving page.

NOV 26 THU

MEMORY **A Full Table** Who sat around your table this Thanksgiving? Write one thing you are grateful for about each person.

NOV 27 FRI

TECHNIQUE **Falling Leaves** Stamp or die cut a handful of leaves in fall colored inks, then write one thing you are thankful for on each leaf.

NOV 28 SAT

MEMORY **Small Things** List ten small, everyday things that made this year a little better.

NOV 29 SUN

TECHNIQUE **Grateful Layers** Layer torn kraft paper, book pages and a doily, then stamp or letter the word thankful across the top.

NOV 30 MON

MEMORY **A Thank You Note** Write a note to someone who helped you this year. Keep it in your journal or send it their way.

Share your pages with us! We love seeing what you create.

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