

GRATITUDE

What are you grateful for today?

WHAT IS SOMETHING YOU'RE
LOOKING FORWARD TO?

WHO IS SOMEONE YOU'RE
THANKFUL FOR TODAY?

WHAT IS A TASK YOU'VE
ACCOMPLISHED TODAY?

WHAT IS ONE THING YOU
LOVE ABOUT YOUR BODY?

WHAT IS ONE THING I'VE
LEARNED TODAY?

WHAT IS THE BEST PART OF
MY DAY SO FAR?