

Seasonal Gratitude Practice

DATE:

The 10 things I am grateful for this year:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

The 3 most unexpected things that happened that I am truly grateful for.

1. _____
2. _____
3. _____

What I am most looking forward to next year.

1. _____
2. _____
3. _____