



# Daily Gratitude

WEEK OF \_\_\_\_\_

Sunday	Monday	Tuesday	Wednesday
I'M GRATEFUL FOR	I'M GRATEFUL FOR	I'M GRATEFUL FOR	I'M GRATEFUL FOR
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
BEST PART OF MY DAY	BEST PART OF MY DAY	BEST PART OF MY DAY	BEST PART OF MY DAY
_____	_____	_____	_____
_____	_____	_____	_____
Thursday	Friday	Saturday	Mindfulness goals
I'M GRATEFUL FOR	I'M GRATEFUL FOR	I'M GRATEFUL FOR	3 WAYS I CAN BE MORE MINDFUL NEXT WEEK
_____	_____	_____	1. _____
_____	_____	_____	_____
_____	_____	_____	2. _____
_____	_____	_____	_____
BEST PART OF MY DAY	BEST PART OF MY DAY	BEST PART OF MY DAY	3. _____
_____	_____	_____	_____
_____	_____	_____	_____