

I am grateful for...



Around or within the word, write about your gratitude for youth.

Add one word or image each day. You can make a similar page of your own in your gratitude journal or use the one above. Cut it out and paste it in a journal or collect the pages in a binder.

Age Journal Prompts

- What do I notice about my body and mindset as I use this week's graphic in my gratitude journal? Is there something that is surprising there?
- Is age something I usually express gratitude for? Why or why not?
- How does documenting my gratitude make me feel?
- How can I be grateful for my age and keep growing and learning?

Wisdom Tracker

You have earned wisdom! What have you learned as you've aged? No matter your age, write down some of the lessons life has taught you so far.