

I am grateful for...

Words

*Around the word, write some of your favorite words or phrases.
Add one word 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.*

Words 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?
- Are words something I usually express gratitude for? Why or why not?
- How does documenting my gratitude make me feel?
- How can I mindfully choose and use words?

Words Tracker

Each day, write down one word or phrase that speaks to you.
It's okay to repeat!!