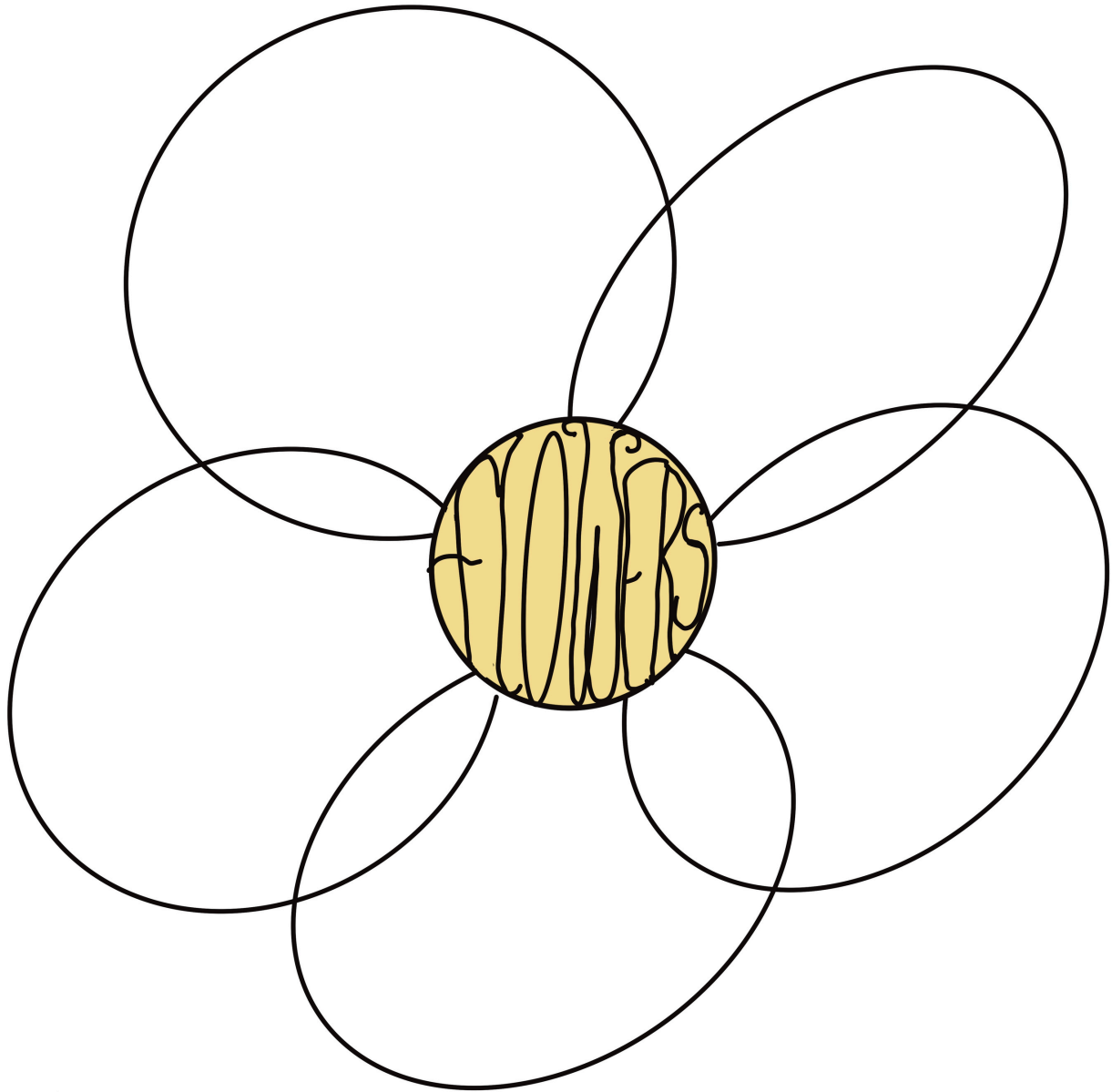


I am grateful for...



In the flower petals, write about your gratitude for flowers. Fill in one petal 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.

Flower 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 flowers something I usually express gratitude for? Why or why not?
- How does documenting my gratitude make me feel?
- What do I notice about how I feel when I am around flowers?

Flower Tracker

Study your favorite flower or another you find and note the small details, describing them here.