

I am grateful for...



Around the word,, write about or draw images of things you are thankful for related to autumn. 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.

Autumn 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 autumn something I usually express gratitude for? Why or why not?
- How does documenting my gratitude make me feel?
- How do seasonal changes affect me? How does autumn affect me?

Autumn Tracker

Each day this week, notice a change in nature — subtle or grand.
Describe it and how it makes you feel in the spaces below.