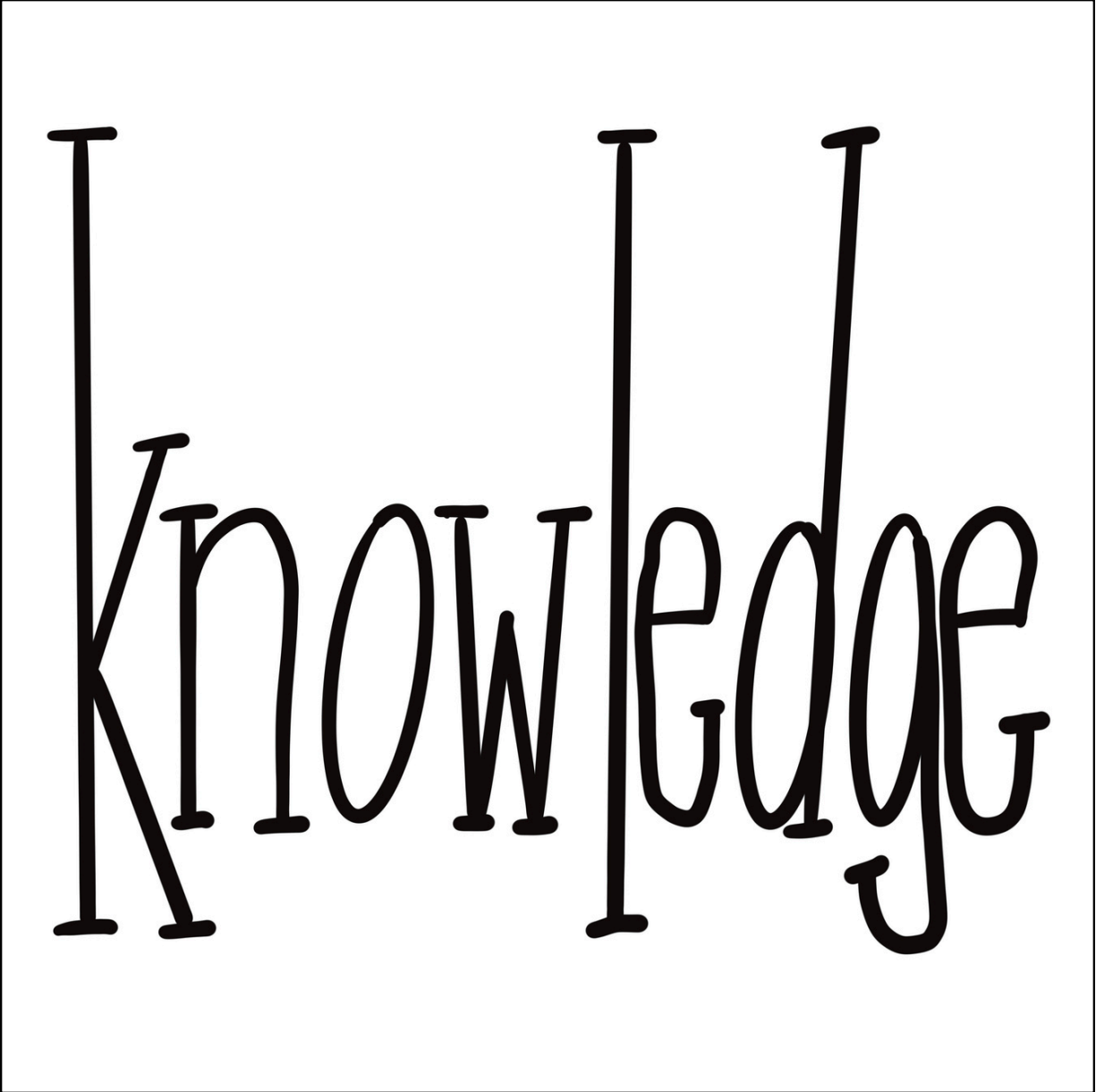


I am grateful for...



Within the lines, write about or draw images of things/people you are thankful for related to knowledge. 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.

Knowledge 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 knowledge something I usually express gratitude for? Why or why not?
- How does documenting my gratitude make me feel?
- How can I become more well-rounded and knowledgeable about the world around me?

Knowledge Tracker

Aquire new knowledge every day this week. Write about what you learned in the boxes below.