

I am grateful for...

fresh air



Follow the lines according to the arrows with your finger, breathing in one direction and out on the other. With each inhale, fill your lungs with fresh air, on each exhale, express gratitude. Do this several times throughout the week. H

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.

Fresh Air 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 fresh air something I usually express gratitude for? Why or why not?
- How does documenting my gratitude make me feel?
- What are my general attitudes about “getting some fresh air”?

Fresh Air Attitude Tracker

Daily Outdoor Breathing

Check off a box for each day you utilized the extended exhale breathing exercise or the five breath flow outside? Journal about how it affected your body and mind.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------
