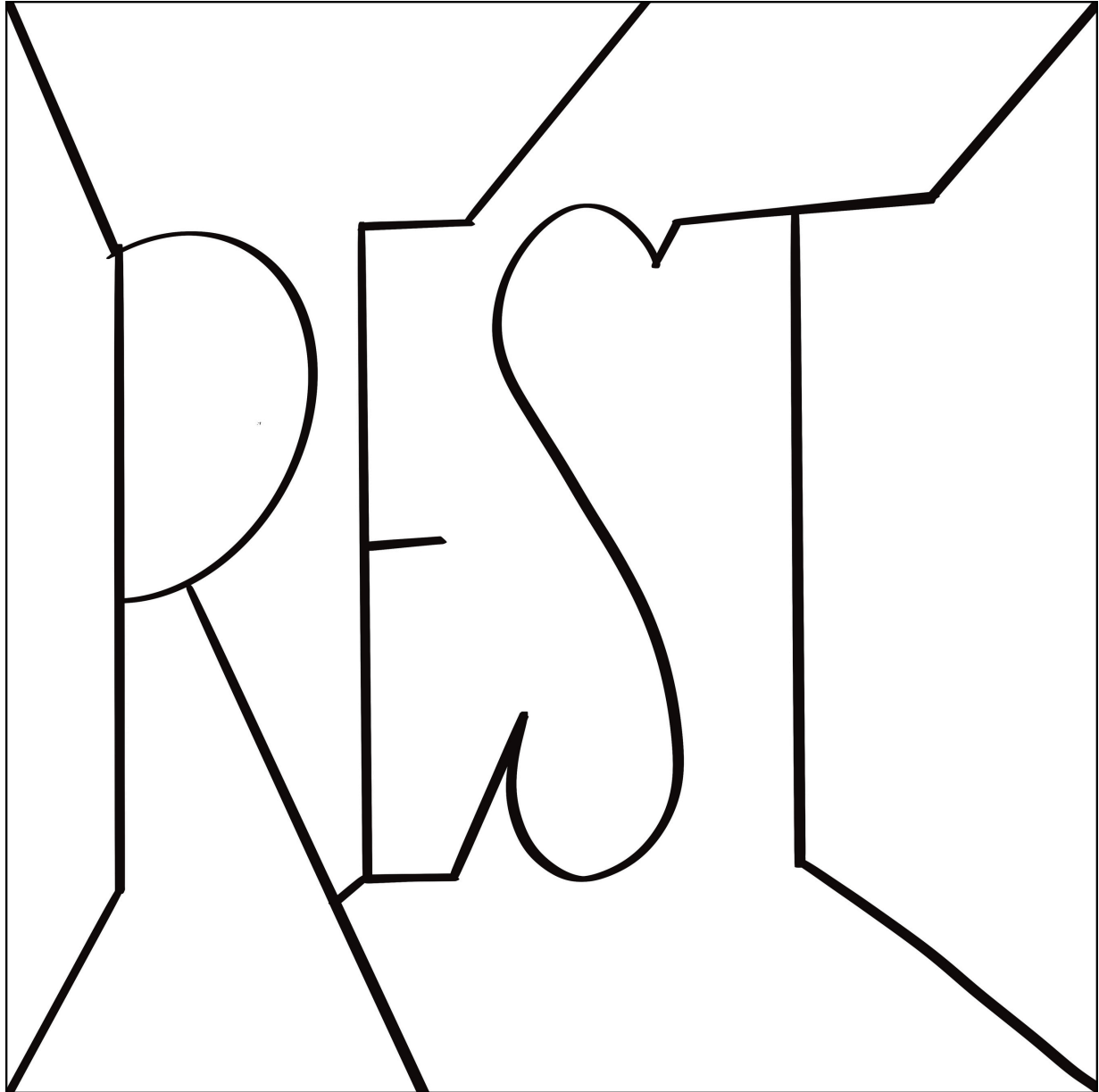


*I am grateful for...*



*In the spaces around the word, write about your gratitude for rest in whatever form that may take. Try to add one thing each day this week. Add color if you wish.*

*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.*

# Rest 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 rest something I usually express gratitude for? Why or why not?
- How does documenting my gratitude make me feel?
- What are my general attitudes about rest? Do I allow myself time to rest without guilt? Why or why not?

# Rest Attitude Tracker

Each day this week, note how and when you rested as well as how it affected your mood.