

# I am grateful for...



*In each line of the wave, write about your gratitude for water 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.*

# Water 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 water something I usually express gratitude for? Why or why not?
  
- How does documenting my gratitude make me feel?
  
- What are my general attitudes about “drinking enough water”?

# Water Attitude Tracker

## Daily Water Intake

Check off a box for each day you drank 12 or more cups of water. 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"/>
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