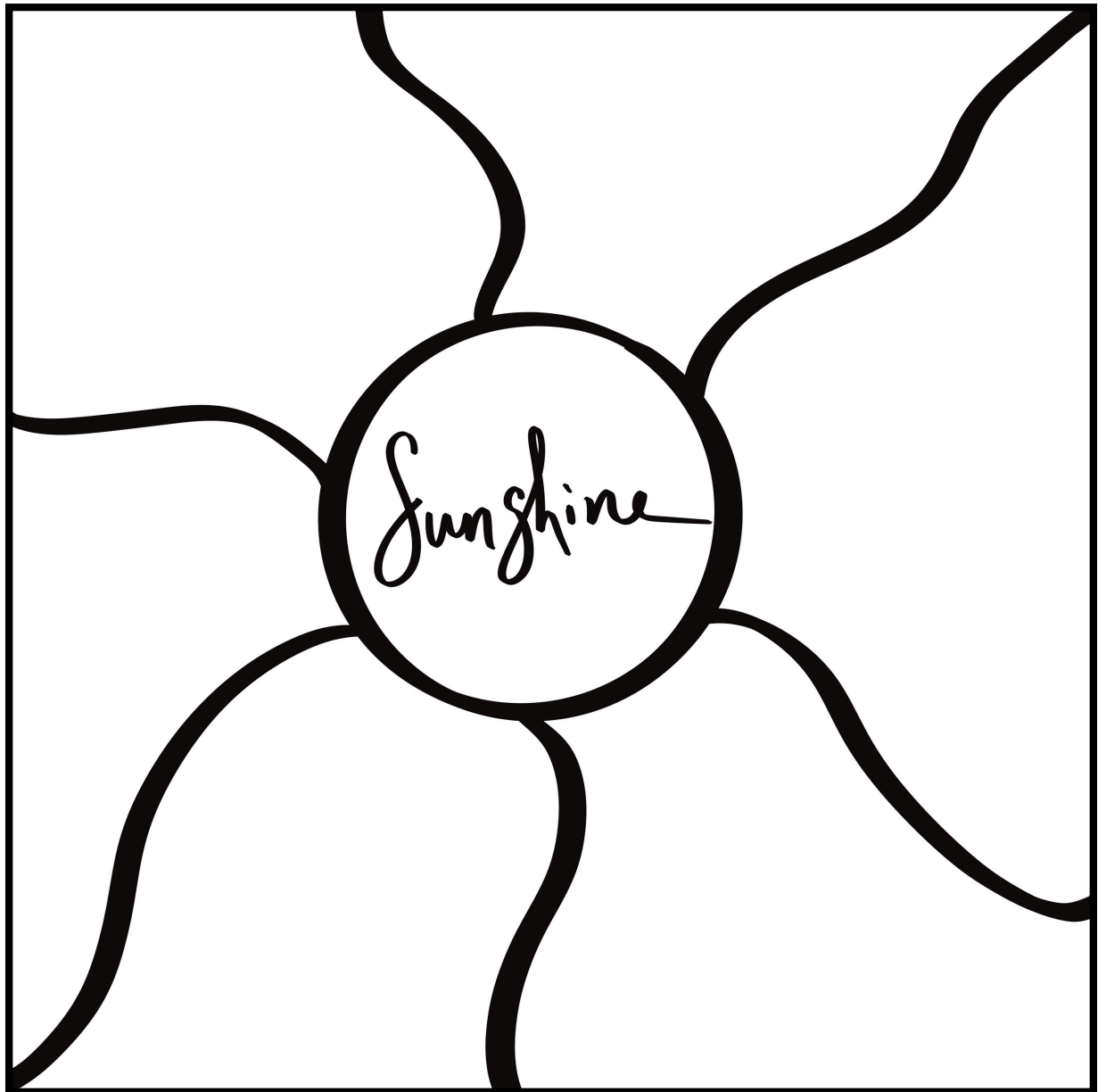


I am grateful for...



Fill in the open areas with words or drawings that represent why or when you are grateful.

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.

Sunshine Journal Prompts

- What do I notice about the words and drawings I used in my gratitude journal? Is there something that is surprising there?

- Is Sunshine something I usually express gratitude for? Why or why not?

- How does documenting my gratitude make me feel?

- What are my general attitudes about being in the sunshine?

Sunshine Attitude Tracker

Daily Sunlight

In each box, write in how much direct sunlight you took in on each day.
How did those days feel different than when you couldn't?

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