

I am grateful for...



In the spaces around the word, write about your gratitude for food in whatever form that may take. Try to add one thing each day this week. Add more 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.

Food 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 learning something I usually express gratitude for? Why or why not?

- How does documenting my gratitude make me feel?

- What are my general attitudes about food? Why? Where and when did this attitude take root?

Food Attitude Tracker

Each day this week, write down one thing you ate mindfully and note what you noticed about it that you perhaps never noticed before.