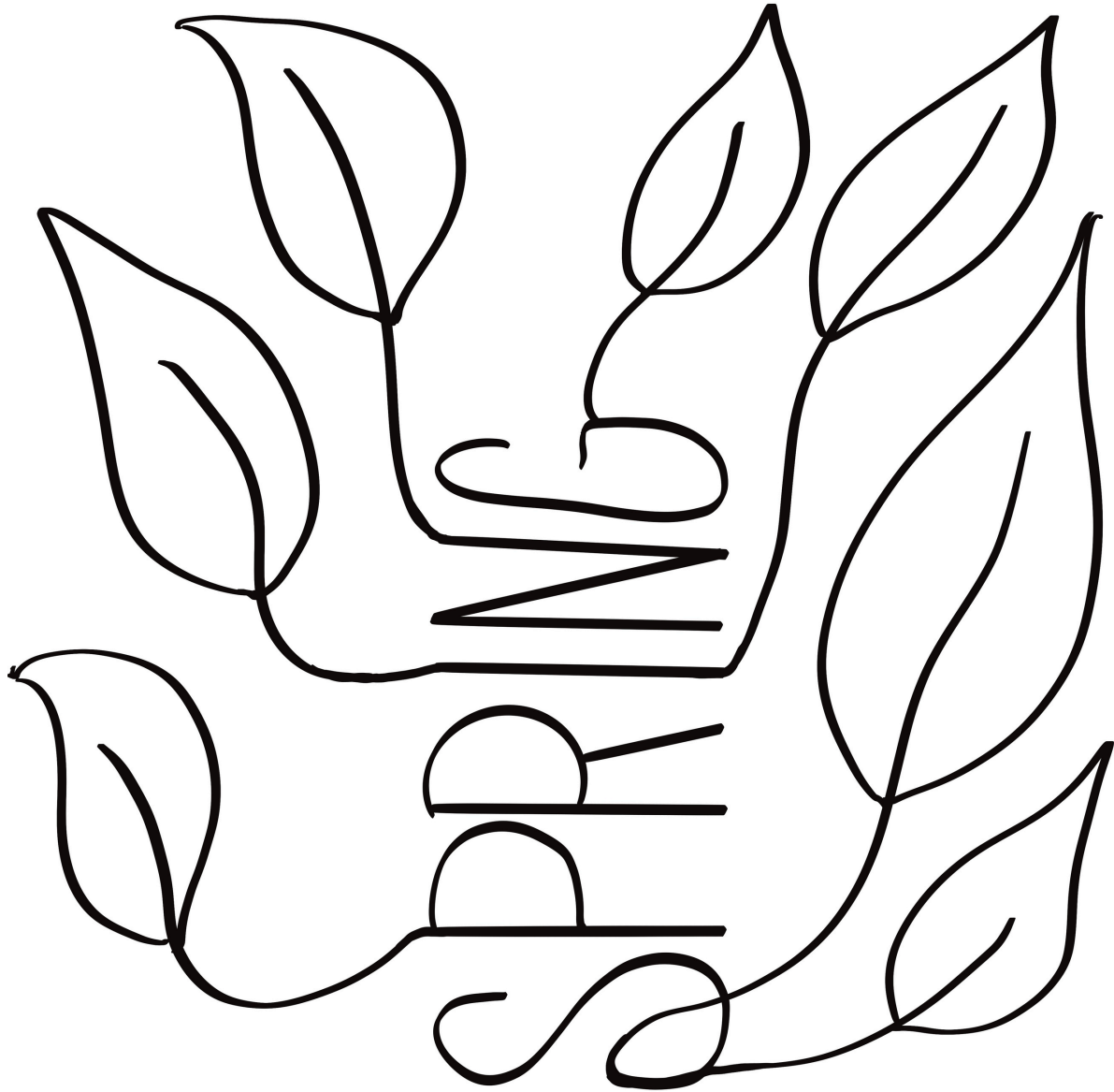


I am grateful for...



In each leaf, write about your gratitude for spring 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.

Spring 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 spring something I usually express gratitude for? Why or why not?

- How does documenting my gratitude make me feel?

- What are my general attitudes about new beginnings?

Spring Attitude Tracker

Daily Noticing

Check off a box for each day you notice a new sign of spring.
Write down what you notice on the lines below.

<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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