

I am grateful for...



Within the letters or around them, express your creativity in any way you wish. Maybe you'll work with color or symbols or words. Try to add one thing each day this week. 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.

Creativity 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 creativity something I usually express gratitude for? Why or why not?
- How does documenting my gratitude make me feel?
- Do I consider myself creative? Why or why not? How might I develop my creativity?

Creativity Attitude Tracker

Daily Creative Activity

Check off a box for each day you made time for imagination and creativity.

Make a note about what you did or tried each day.

Try not to judge your creative output.