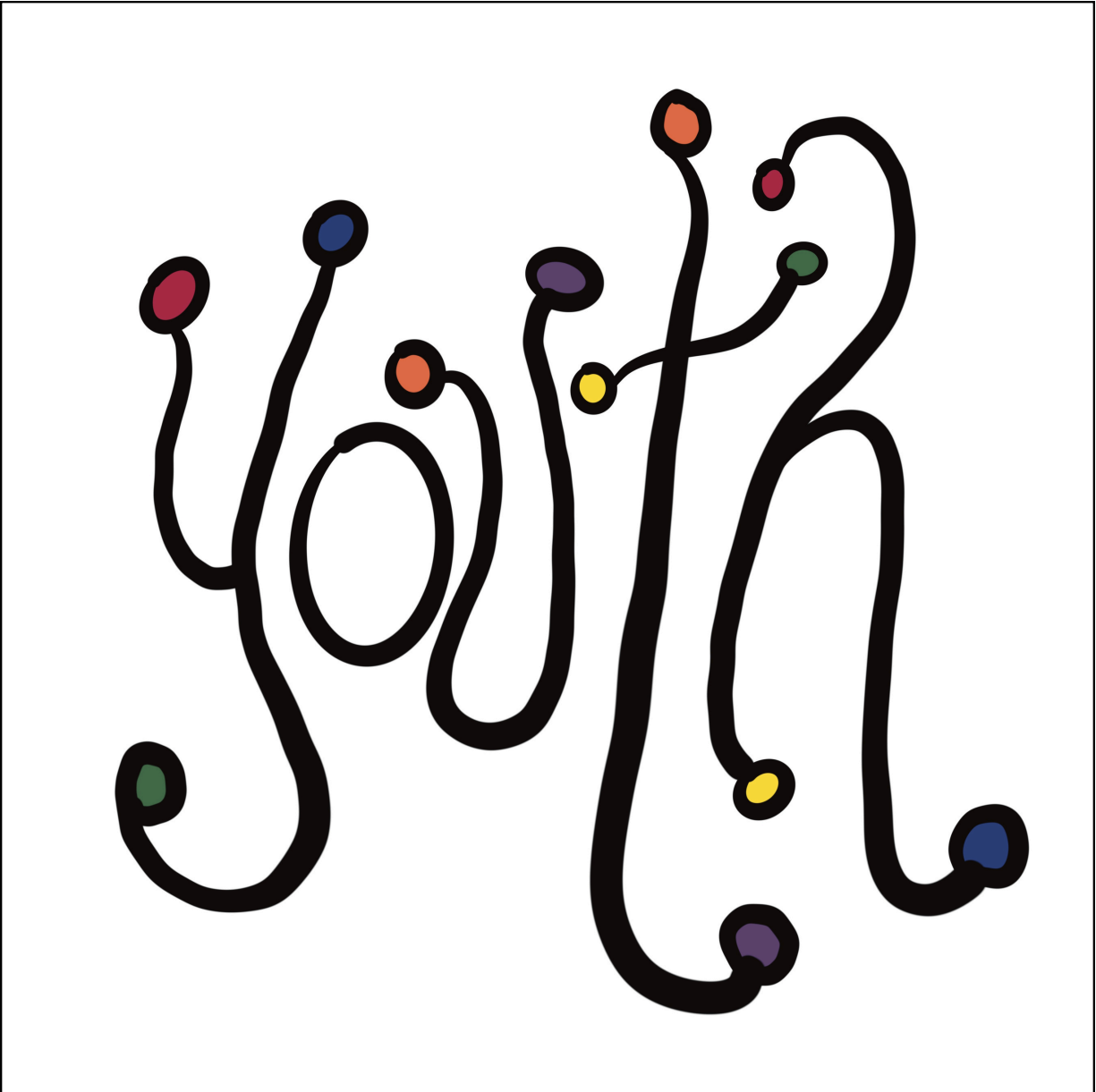


*I am grateful for...*



*Around the word, write about your gratitude for youth. Add one word or image each day. 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.*

# Youth 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 youth something I usually express gratitude for? Why or why not?
  
- How does documenting my gratitude make me feel?
  
- How can I age and yet keep the ability to access my beginner's mind?

# Beginner's Mind Tracker

Try something brand new! Record your thoughts and feelings of being a beginner. Are you able to have a beginner's mind like a child would?

What I am trying:

Describe the openness:

Describe the excitement:

Describe the frustration:

Describe the joy or freedom: