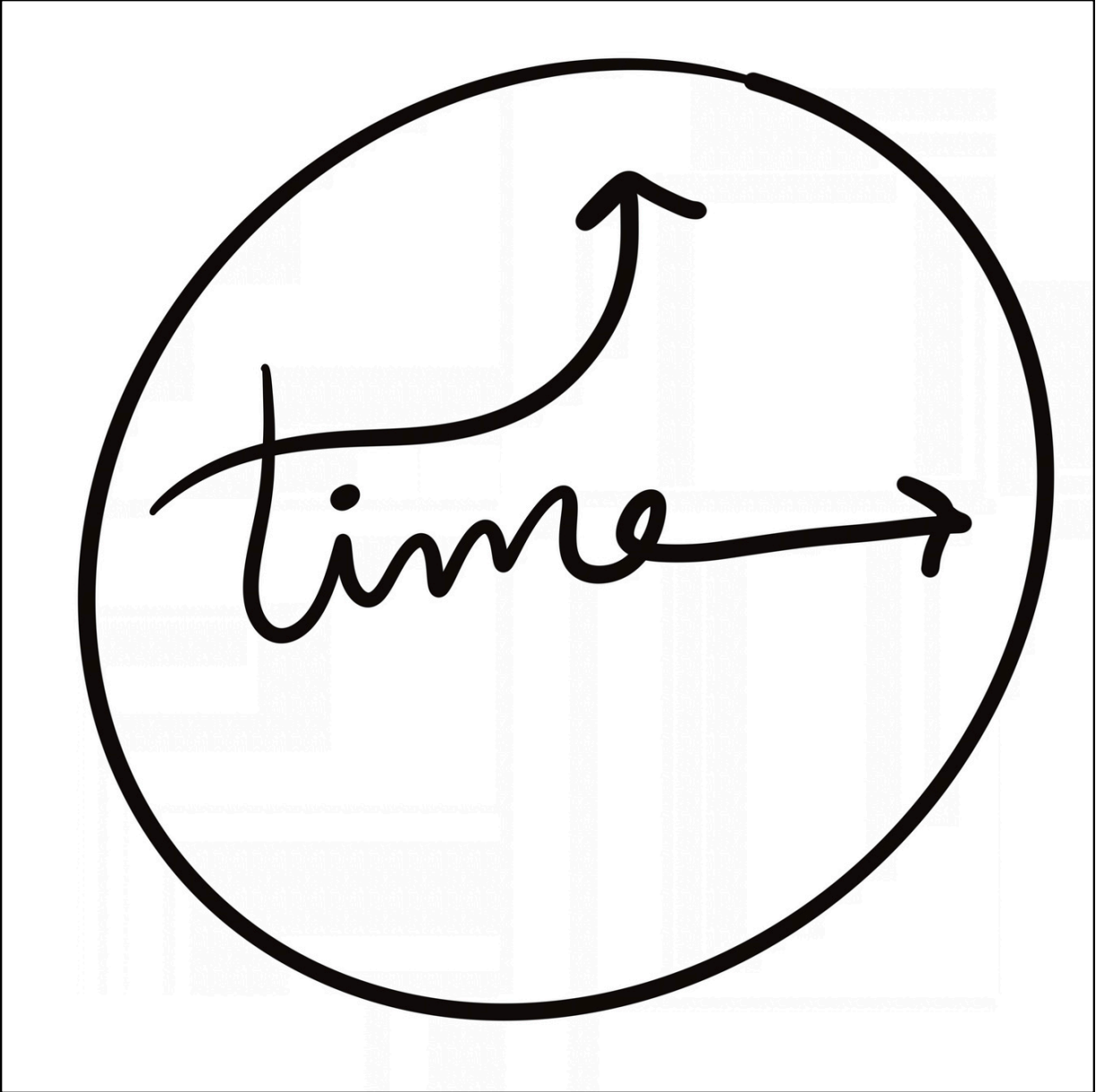


I am grateful for...



Within the circle, write about or draw images of things/people you are thankful for related to time. 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.

Time 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 time something I usually express gratitude for? Why or why not?
- How does documenting my gratitude make me feel?
- How can I better use my time so that I am grateful for how I spent it?

Time Tracker

Each day this week, reflect on how you spent your time. Did you set aside time for the people and activities that are important to you? Why or why not?