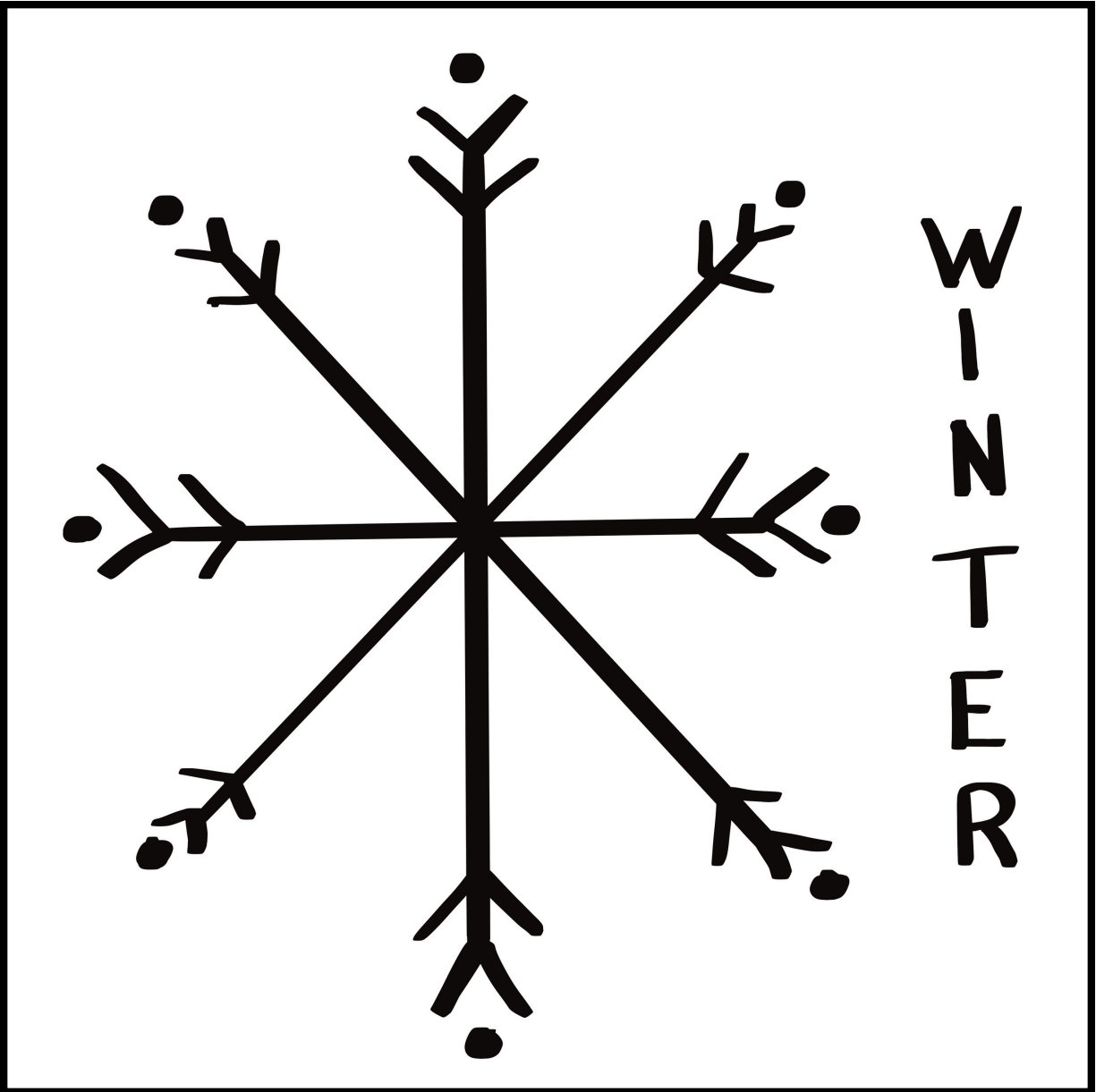


I am grateful for...



*Fill in the open areas with words or drawings that represent
for what or for whom you are grateful.*

*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.*

Winter Journal Prompts

- What do I notice about the words and drawings I used in my gratitude journal? Is there something that is surprising there?
- Is Winter something I usually express gratitude for? Why or why not?
- How does documenting my gratitude make me feel?
- How does winter affect me?
- If winter tends to affect me negatively, what small, daily actions can I take to put myself in a more positive place?

Winter Attitude Tracker

Daily Sunlight

Mark the days you were able to take in natural sunlight.
How did those days feel different than when you couldn't?

<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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Daily Exercise

Mark the days you made time for exercise.
How did those days feel different than when you couldn't?
Note what types of exercises you did on the lines
and mark those that worked best with a star.

<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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