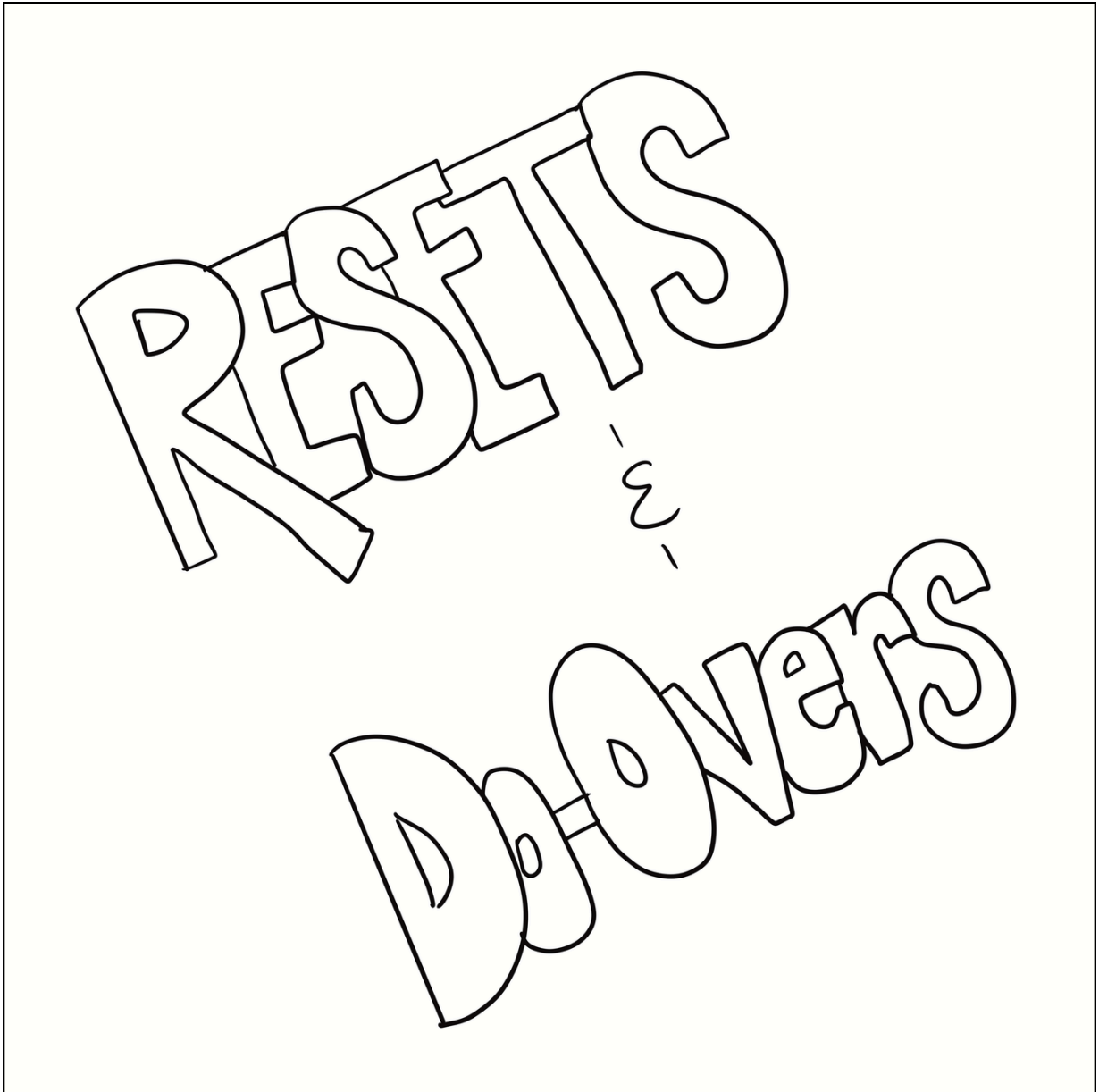


I am grateful for...



Within the lines, write about or draw images of things/people you are thankful for related to resets and do-overs. 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.

Resets & Do-Overs 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?
- Are resets and do-overs something I usually express gratitude for? Why or why not?
- How does documenting my gratitude make me feel?
- What reset or do-over am I particularly grateful for?

Resets & Do-Overs Tracker

Each day this week, take time to reset your day with mindfulness or some kind of break. OR give yourself permission for a do-over on a project. Write about it here.