

I am grateful for...



*Write about or draw images of things or people who give you energy.
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.*

Energy 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 energy something I usually express gratitude for? Why or why not?
- How does documenting my gratitude make me feel?
- How can I spend more time doing the things that give me energy?

Energy Tracker

Each day, write down two activities — one that boosted your energy and one that drained it. Notice how these affected your mood and mindset and think about how to adjust so you are more boosted than drained day-to-day.
