

I am grateful for...



Write the name of or draw symbols of the arts that mean the most to you or that you want to try. 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.

The Arts 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 the arts something I usually express gratitude for? Why or why not?
- How does documenting my gratitude make me feel?
- How can I expand my experience in the arts as a form of self-expression?

The Arts Tracker

Each day, write down how you engaged with the arts in your daily life (looking at art, creating art, watching a movie, dancing, etc.) and notice how it affected your mood and mindset.