

I am grateful for..



In the spaces, write about your gratitude for your senses. Fill in one area each day. 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.

Senses 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 my senses something I usually express gratitude for? Why or why not?
- How does documenting my gratitude make me feel?
- What do I notice when I mindfully pay attention to my senses?

Senses Tracker

Take time to focus on each of your senses.
Record your observations here.

