

I am grateful for...

Wisdom

Within the lines, write about or draw images of things/people you are thankful for related to wisdom. 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.

Wisdom 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 wisdom something I usually express gratitude for? Why or why not?
- How does documenting my gratitude make me feel?
- What is some of the wisdom I have acquired in my life? How did it come to me?

Wisdom Tracker

Each day this week, jot a note about some wisdom you have earned in your lifetime.