

*I am grateful for...*



*Write the name of or draw your favorite places around the word.  
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.*

# Places 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 places something I usually express gratitude for? Why or why not?
- How does documenting my gratitude make me feel?
- How can I utilize location to help my mood and mindset?

# Places Tracker

Each day, write down details of a place you spent time in and how it made you feel or affected your mindset.