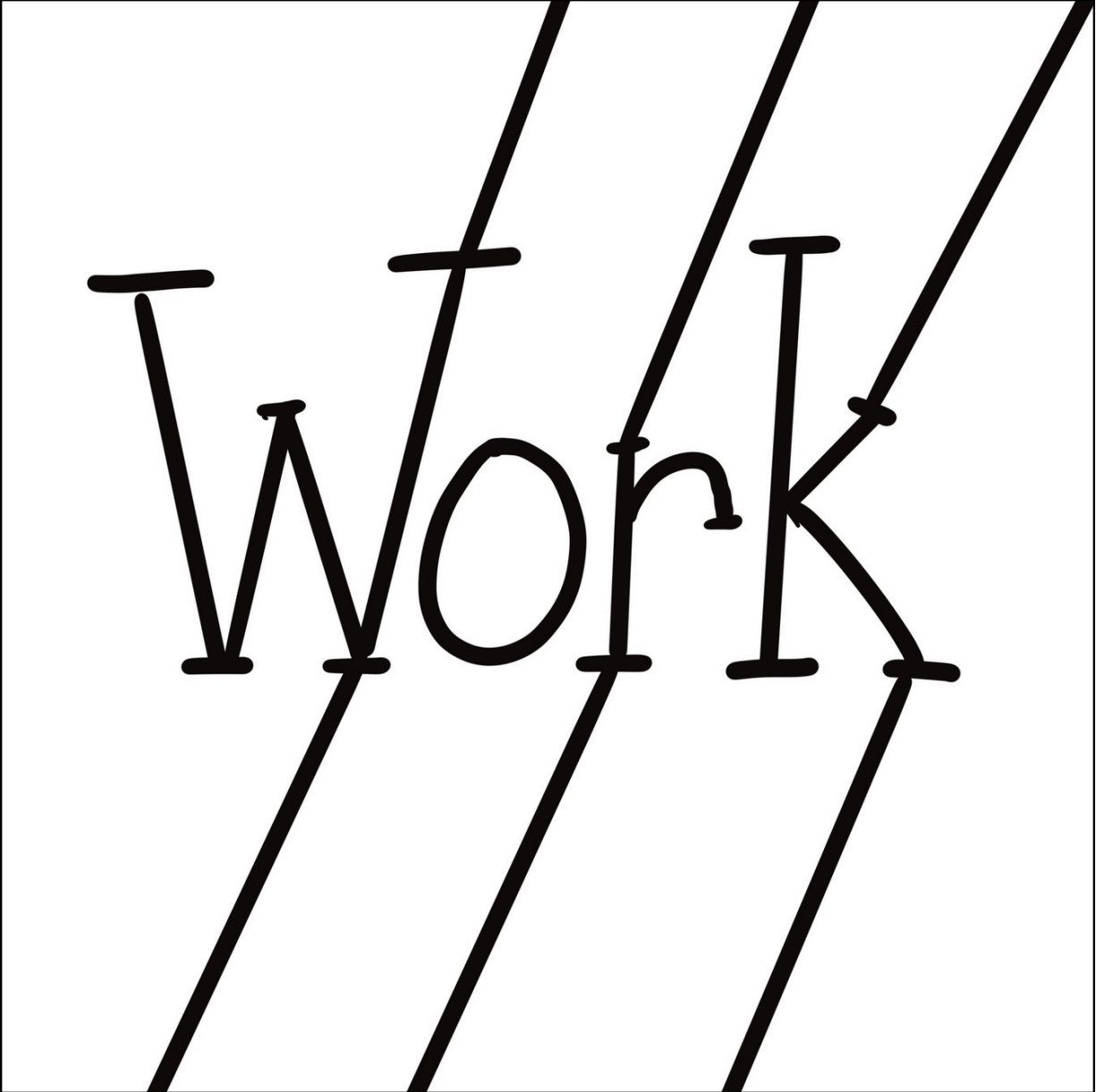


I am grateful for...



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

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.

Work 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 work something I usually express gratitude for? Why or why not?
- How does documenting my gratitude make me feel?
- How can I go to my work with an attitude of gratitude? What might I need to change to be able to go to work with a growth mindset?

Work Tracker

After work each day, write one thing you learned that day and one thing for which you are grateful that is related to work.
