

I am grateful for...



Around the word, draw or write about your favorite parts of Summer.

Add one word or image 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.

Summer 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 summer something I usually express gratitude for? Why or why not?
- How does documenting my gratitude make me feel?
- How can I mindfully enjoy and be grateful for this season?

Summer Tracker

Each day, mindfully notice or take in one bit of summer. Write in the boxes below how that experience felt through your senses.