

I am grateful for...



*Simply color the word color with your favorites!
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.*

Color 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 color something I usually express gratitude for? Why or why not?
- How does documenting my gratitude make me feel?
- How can I mindfully utilize color for my mood and mindset?

Color Tracker

Each day, write down details of a color you noticed along with how it made you feel or affected your mindset.