

Month _____

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|--|--|--|---|---|--|
| start a gratitude journal | 3 things in your immediate surroundings | see the beauty around you | Notice the music that lifts your spirits | Be grateful for your body. It's been through a lot with you | find 5 things to be grateful for even if today is a rough day | modern conveniences |
| Fix your favorite meal and eat it slowly | what teacher has helped you most | your home | what book changed your life | what is your favorite thing about the season you're in | Give thanks to our servicemen and women | What freedoms are you taking for granted? |
| What movie touched you? | Your warm bed | A warm shower | what skills do you have? | favorite hobby | what makes you laugh | service people waitresses, mail carriers, etc. |
| second chances | The time someone reached out and rescued you | show gratitude with random act of kindness today | what tools do you use that saves time | Your BFF | Kindness of a stranger | appreciate the nature surrounding you today |
| IS there a childhood memory that you are grateful for | the internet what would you do without it | A piece of advice that changed your forever | The sunrise/sunset | What have you accomplished? | Do you have a dream that pulls you through? | Clean water to drink |