

gratitude



sunday 11/1

What's something you're looking forward to?

monday 11/2

What makes you feel at home?

tuesday 11/3

What inspires you?

wednesday 11/4

What friendships are you grateful for?

thursday 11/5

What is your favorite smell?

friday 11/6

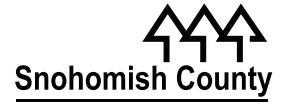
What is the best thing that happened this week so far?

saturday 11/7

What is your favorite physical trait about yourself?

Gratitude leads to resilience. Resilience is a buffer to life's adversity. What are you grateful for?

gratitude



For the week of: _____

SUNDAY	MONDAY	TUESDAY

WEDNESDAY	THURSDAY

FRIDAY	SATURDAY