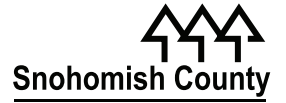


grateful



sunday 11/8

What books are you grateful for? Why?

monday 11/9

What is your favorite song?

tuesday 11/10

Who was the last person you hugged?

wednesday 11/11

What is your favorite meal?

thursday 11/12

Describe something about nature you love.

friday 11/13

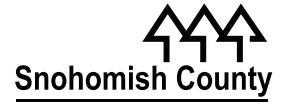
What is the best thing that happened this week so far?

saturday 11/14

What is your favorite simple pleasure?

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

grateful



For the week of: _____

SUNDAY	MONDAY	TUESDAY

WEDNESDAY	THURSDAY

FRIDAY	SATURDAY