

A little gratitude, today

A few honest lines are enough. There is no right answer.

Date: _____

1. One thing you appreciated

2. Someone or something that helped

3. A small moment worth remembering

One of these mattered because...

Mood today (circle one): 1 2 3 4 5

1 = very low 3 = in between 5 = very good. All feelings are welcome.

A week of small good things

Write a few words each day. Skip a day? Simply begin again.

Monday - Something your body let you do

Tuesday - Someone who made the day easier

Wednesday - A small thing you nearly missed

Thursday - A comfort you appreciate

Friday - Something that went better than expected

Saturday - A free moment of calm

Sunday - One thing to carry into next week
