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| **My gratitude journal** | |
| **Monday**  Today I am grateful for : | **Tuesday:**  Today I am grateful for : |
| **Wednesday**  Today I am grateful for : | **Thursday**  Today I am grateful for : |
| **Friday**  Today I am grateful for : | **Saturday**  Today I am grateful for : |
| **Sunday**  Today I am grateful for : | *\\dc01srv2526\staffdata$\kansell\Documents\mindful activities to do at home\templates for activities\images.jfif* |
| **Reflection** | |
| 1. What did you like/dislike about keeping a gratitude journal? | 2. Did it get easier or harder to do as the week progressed? |
| 3. What did you learn? | 1. How do you feel now? |

**This is your gratitude journal. You can write as much or as little as you want. The most important thing is that you spend a little bit of time each day thinking about the things that you love and feeling grateful for them.**

**The spiral signs you can see on this page are a universal symbol for gratitude. Showing an infinite loop it stands for forever lasting appreciation**

***When you focus on the good, the good gets better***

You could create a drawing entirely made of spirals. I wonder what that might look like?