

Cultivating Gratitude

Date:

Something(s) I can appreciate about my body/myself:

Something(s) I can appreciate about how/where I live:

Someone(s) that has done something that has helped me:

Something(s) that has worked out for me in life:

Something that I have learned that's helped me out in life:

If _____ hadn't happened, I wouldn't have gained/learned _____: