

**Express
yourself**

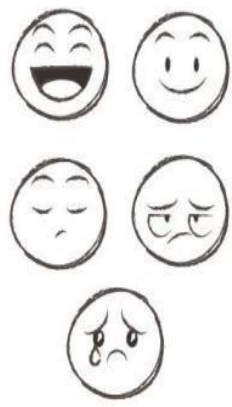
DATE ____/____/____ (SUN) (MON) (TUE) (WED) (THU) (FRI) (SAT)

I AM THANKFUL FOR TODAY BECAUSE:

1. _____
2. _____
3. _____

SOMEONE WHO I THANKED TODAY:

EMOTIONS



ACT OF GRATITUDE

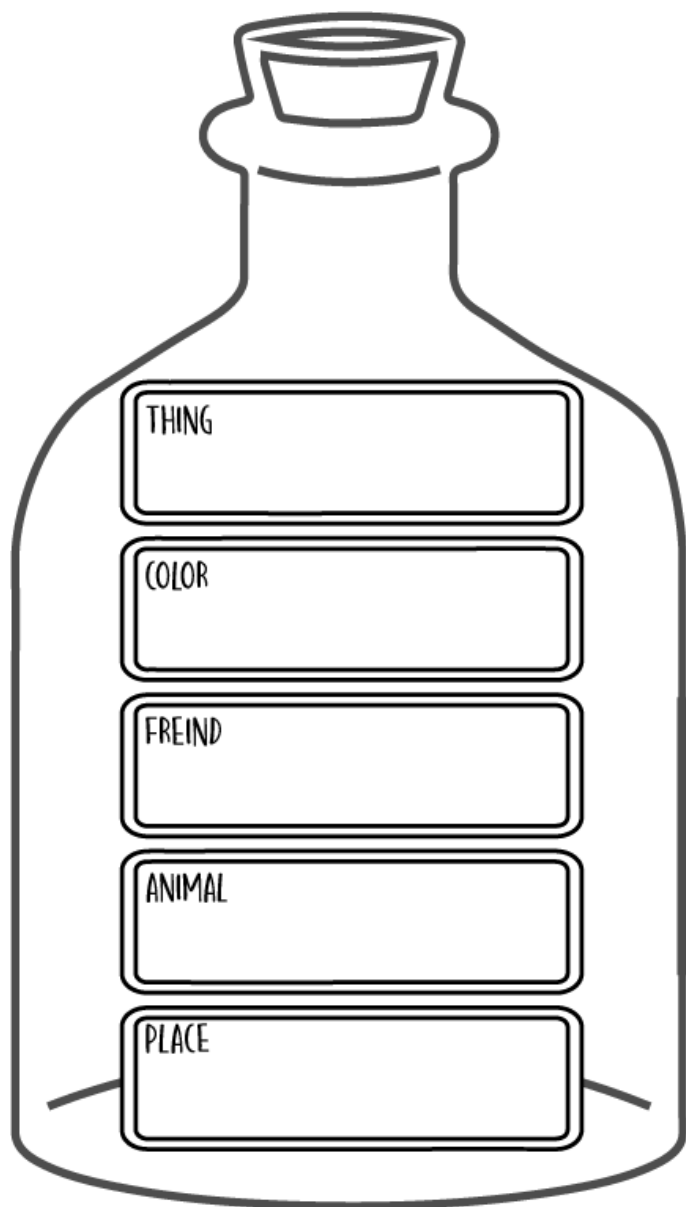
DATE ___/___/___ SUN MON TUE WED THU FRI SAT

TODAY I AM GRATEFUL FOR: _____



DRAW OR WRITE ABOUT SOMETHING ELSE THAT MADE YOU GRATEFUL TODAY.

MY FAVORITE



DATE ____/____/____

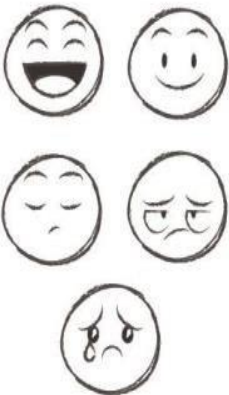
(SUN) (MON) (TUE) (WED) (THU) (FRI) (SAT)

I AM THANKFUL FOR TODAY BECAUSE:

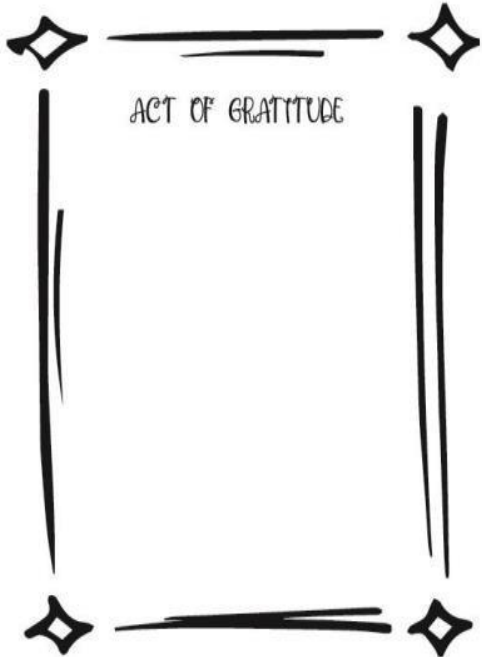
1. _____
2. _____
3. _____

SOMEONE WHO I THANKED TODAY:

EMOTIONS

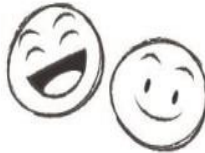


ACT OF GRATITUDE



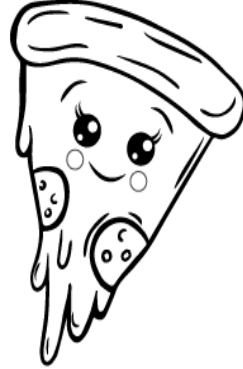
DATE ___/___/___ SUN MON TUE WED THU FRI SAT

TODAY I AM GRATEFUL FOR: _____



DRAW OR WRITE ABOUT SOMETHING ELSE
THAT MADE YOU GRATEFUL TODAY.

MY FAVORITE FOOD



○
○
○
○
○

