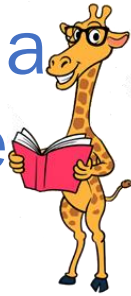


Physical appearance

Maybe you don't particularly like your nose, but you love your legs. Maybe you feel your chest is too small, but that you've got a great butt. Embrace those parts of your body that you love and accept that none of us are perfect, even those who appear so on a magazine cover.




Date : _____


My Feelings



Today I'm Grateful For




Best Thing Happened Today



People I'm Grateful To



My Reflection



Things I Learned Today

Things Look Forward To

Chances are, no one else is even noticing the features you take issue with on yourself. The very things that you believe are flaws can be the very things that someone else may love about you.



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.