

Weekly Gratitude Journal

MONDAY	<p>Whom are you grateful to have in your life?</p>
TUESDAY	<p>What is different today than a year ago that you are grateful for?</p>
WEDNESDAY	<p>What is a talent or skill that you have that you are grateful for?</p>
THURSDAY	<p>What is a memory that you have that you are grateful for?</p>
FRIDAY	<p>What is something that you are grateful your body can do?</p>