



# THANKS!

Each day this week write down 3 things (they can be big or little things) that brought you joy. Some days it will be easy to think of what made you feel good. Other days it might be harder to choose - so you can write more than one.

## MONDAY

Today I feel grateful for this:

Object

Person

Place

## TUESDAY

Today I feel grateful for this:

Object

Person

Place

## WEDNESDAY

Today I feel grateful for this:

Object

Person

Place

## THURSDAY

Today I feel grateful for this:

Object

Person

Place

## FRIDAY

Today I feel grateful for this:

Object

Person

Place