

weekly gratitude practice

Date: _____

I am glad I'm _____

A person I want to thank is _____
for _____

Something I am grateful for is _____
because _____

A place that I appreciate is _____
because _____

I am fortunate because _____

I don't have to worry about _____

Something I don't recognize as good in my life as often as I should is

I am happy that I am able to _____

I am in awe of _____
