

Weekly Gratitude

Date:

Highlights of the week:

What was I grateful for each day?

SUNDAY

1. _____
2. _____
3. _____

MONDAY

1. _____
2. _____
3. _____

TUESDAY

1. _____
2. _____
3. _____

WEDNESDAY

1. _____
2. _____
3. _____

THURSDAY

1. _____
2. _____
3. _____

FRIDAY

1. _____
2. _____
3. _____

SATURDAY

1. _____
2. _____
3. _____

Things that could have been better:

Things I'm looking forward to next week:

How did I take care of myself this week?