

# My Week of Gratitude

Gratitude helps us realize how much good we are surrounded by even on the toughest of days.

Write down 1-3 things you are grateful for and notice as goodness spreads around you.

Today, I am grateful for...

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

“Wear gratitude like a cloak, and it will feed every corner of your life” - Rumi