

# Gratitud Practice

DATE: \_\_\_\_\_

MONDAY

Today I am grateful for

TUESDAY

Today I am grateful for

WEDNESDAY

Today I am grateful for

THURSDAY

Today I am grateful for

FRIDAY

Today I am grateful for

SATURDAY

Today I am grateful for

SUNDAY

Today I am grateful for

WHAT I WILL PLANT THIS WEEK

WHAT I HARVESTED THIS WEEK

THINGS I DISCOVERED FROM MYSELF

FAVOURITE MEMORY OF THE WEEK