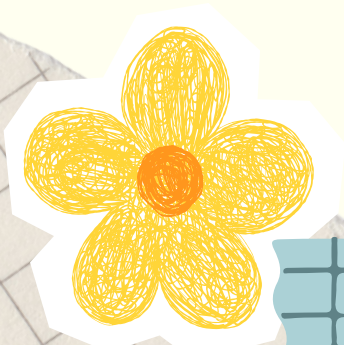
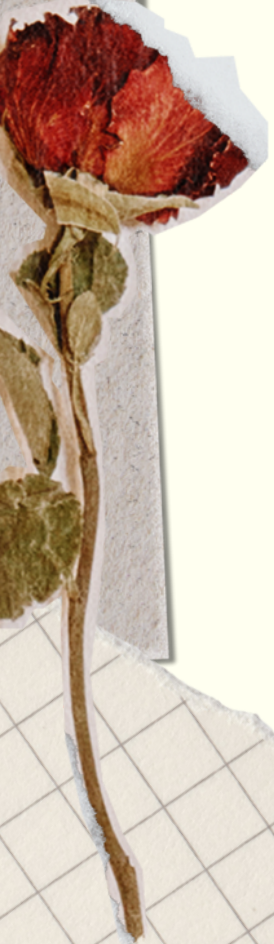




ASSIGNMENT UNIT 8 DR. BY CH. BY



7 Days Gratitude Journal



*One thing I often take for granted, but
am truly thankful for...*

~ I'AM ~
capable

A person who made a difference in my life, and why

You are
AWESOME

*One challenge I've grown from
this year*

**I am proud
of myself!**

*Something simple that brought
me joy recently*



A past memory I'm especially grateful for

**FOCUS
ON THE
GOOD**

Something about my body or
health that I appreciate
today

be the best
version of
yourself



*One way I can express
gratitude this week*



AFFIRMATION

Create a Personal Affirmation



Today, I choose to focus on

I am grateful for

