

CULTIVATING GRATITUDE

USE THESE SENTENCE PROMPTS TO HELP YOU FLEX YOUR GRATITUDE MUSCLE OVER THE NEXT FEW WEEKS. TRY TO JOURNAL DOWN 3 THINGS EVERYDAY THAT YOU ARE GRATEFUL FOR.

I'm grateful for my family because _____

Something good that happened this week is _____

I'm grateful for my friendship with _____ because _____

I am grateful for who I am because _____

Something silly that I am grateful for is _____

Something else that I am grateful for is _____

FOR ADDITIONAL SUPPORT AND/OR TOOLS AND
RESOURCES, VISIT:

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