

DAY 15 _____

DAY 16 _____

DAY 17 _____

DAY 18 _____

DAY 19 _____

DAY 20 _____

DAY 21 _____



THANKFULNESS JOURNAL



Take five minutes everyday to breathe slowly, calm yourself and think about three things that you are thankful for from the day. Write them down in this journal. Looking at the wheel can be helpful.

#THANKFULNESSCHALLENGE

DAY 1 _____

DAY 2 _____

DAY 3 _____

DAY 4 _____

DAY 5 _____

DAY 6 _____

DAY 7 _____

DAY 8 _____

DAY 9 _____

DAY 10 _____

DAY 11 _____

DAY 12 _____

DAY 13 _____

DAY 14 _____

