

Weekly Gratitude

Once a week, note what you are grateful for. This can be through journaling, photography, etc.

Week 1 Jan 14 – Jan 20	What is a happy memory you are grateful for?
Week 2 Jan 21 – Jan 27	What is a food you are grateful for?
Week 3 Jan 28 – Feb 3	What was the best thing that happened this week?
Week 4 Feb 4 – Feb 10	What about nature are you most grateful for?
Week 5 Feb 11 – Feb 17	What do you enjoy about where you live?
Week 6 Feb 18 – Feb 24	What passion or hobby are you grateful for?
Week 7 Feb 25 – Mar 2	What book are you grateful for reading?
Week 8 Mar 3 – Mar 9	Who has helped you during a trying time?
Week 9 Mar 10 – Mar 16	What is your favorite place and why?
Week 10 Mar 17 – Mar 23	What experience are you grateful for?
Week 11 Mar 24 – Mar 30	What songs bring you joy?
Week 12 Mar 31 – Apr 6	What skill are you grateful for?
Week 13 Apr 7 – Apr 13	What is your proudest accomplishment?
Week 14 Apr 14 – Apr 20	What is a technology you are grateful for?
Week 15 Apr 21 – Apr 27	What future event are you looking forward to?

