the NUTRITIOUS LIFE studio

Lesson 4

SNEAK PEEK: GRATITUDE JOURNAL PROMPTS

One thing my partner / friend / family member / co-worker or I did that . . .

- 1. I am thankful for:
- 2. Made me feel appreciated:
- 3. Made me feel loved:
- 4. I was happily surprised by:
- 5. I truly enjoyed:
- 6. Made me feel special or smile:
- 7. I learned from:

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Lesson 4

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8. Made things easier for me:

9. I want to recognize:

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