

GRATITUDE

MONTHLY REVIEW

/ /

HIGHLIGHTS OF THE MONTH

- 1 _____
- 2 _____
- 3 _____

WHAT IS SOMETHING NEW YOU'VE LEARNED?

WHAT ARE YOU PROUD OF FROM THIS MONTH?

WHAT IS THE BEST THING YOU HAVE DONE FOR
YOURSELF THIS PAST MONTH?

HAS PRACTICING GRATITUDE HELPED YOU THIS
MONTH?

YES

MAYBE

NO