

Weekly Gratitude Reflection

Look back on your week and find the moments worth holding onto.

Week of _____ to _____

One thing I was grateful for, each day

MON

TUE

WED

THU

FRI

SAT

SUN

This week's highlight

Someone I'm thankful for, and why

Something I'm looking forward to next week

"It's not happiness that brings us gratitude. It's gratitude that brings us happiness."