

NAME: _____

DATE: ____/____/____



DRAW BELOW WHAT YOU ARE GRATEFUL FOR TODAY!

Today I am grateful for...



[youtube.com/@brightenupkids](https://www.youtube.com/@brightenupkids)

YOU MAY WRITE YOUR NAME AND THE DATE TO TRACK YOUR MINDFULNESS PROGRESS, BUT YOU DON'T HAVE TO IF YOU DON'T WANT TO! KNOW THAT YOUR THOUGHTS AND VOICE MATTER AND IT CAN EVEN BE INSPIRING, FUN AND HELPFUL TO LOOK BACK FROM TIME TO TIME!