

GRATITUDE GRID

Take the Challenge - Using the below grid reflect on at least three things you are grateful for each day for 4 weeks

During this journey, you will notice your ability to learn how to focus on the good, the beautiful, the miraculous, and the promising gets easier each week. Coming up with what you are grateful for becomes more apparent each day you make this a. See you how you find yourself identifying gratitude throughout the day. Keep your gratitude journal going - this WILL have lasting positive effects on you life.

WEEK 1

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sundaay

WEEK 2

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sundaay



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WEEK 3

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sundaay

WEEK 4

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sundaay

Final Thoughts about the exercise?



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