

# Gratitude Weekly Reflection



WHAT INSPIRED ME THIS WEEK?

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A MOMENT THAT MADE ME SMILE:

SOMETHING I DID WELL:

WHAT AM I LOOKING FORWARD TO NEXT WEEK?

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10 THINGS I AM GRATEFUL FOR THIS WEEK:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

# Letters to Myself



A LETTER TO MY YOUNGER SELF:

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A LETTER TO MY CURRENT SELF:

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A LETTER TO MY FUTURE SELF:

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# *Affirming My Values*

I AM:	I AM NOT:
I WILL:	I WILL NOT:
I CAN:	I CANNOT:
I WANT:	I DO NOT WANT: