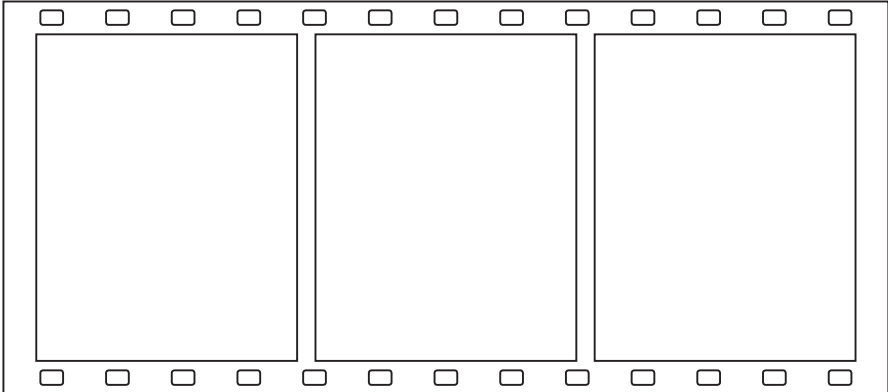


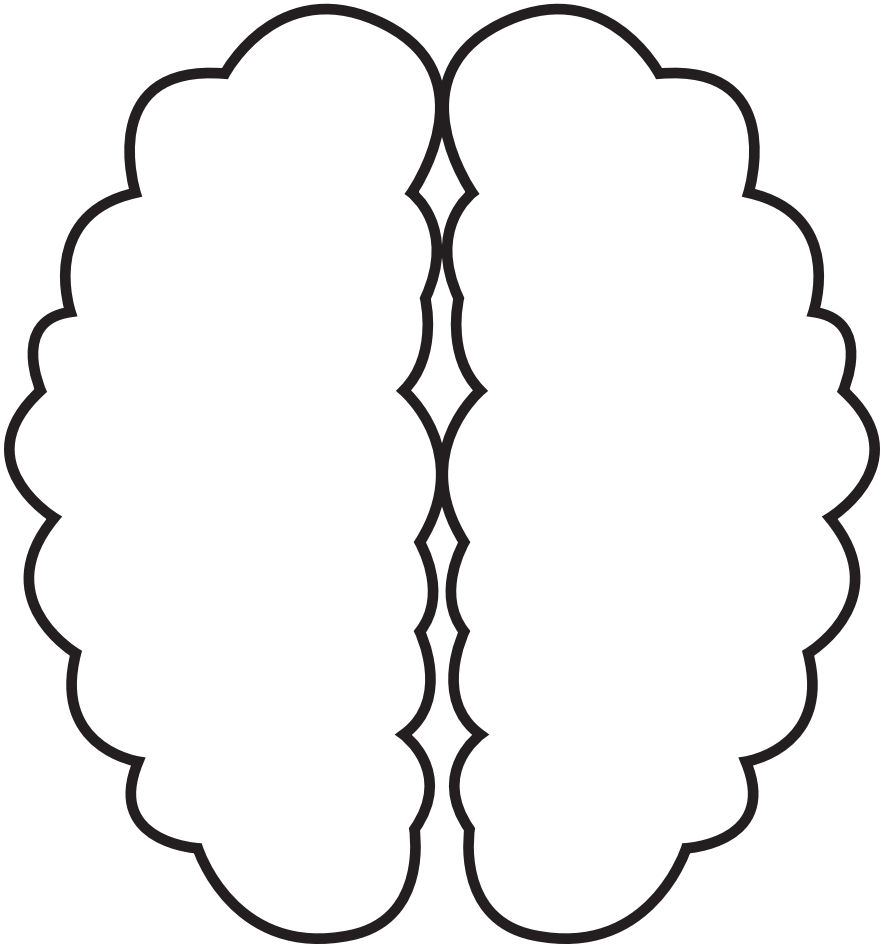
Day 2

FAVORITE MEMORIES I'M GRATEFUL FOR



A graphic of a film strip with three blank frames for writing. The film strip has sprocket holes along the top and bottom edges. The three frames are arranged horizontally and are currently empty.





Day 4

Date :

THINGS I APPRECIATE ABOUT MYSELF

sarcastic

good listener

silly

hardworking

optimistic

adventurous

loyal

adaptable

passionate

funny

practical

stylish

creative

cautious

spontaneous

Day 5

Date:

MY LIFE WOULD BE A LOT LESS SWEET WITHOUT

“

*We often take
for granted all
the things that
most deserve our
gratitude.*

”

Day 6

Date :

DRAW 3 THINGS THAT ADDED JOY TO YOUR DAY

Day 8

“

*Give thanks for a
little and you will
find a lot.*

”

Day 9

Date :

I AM GRATEFUL FOR



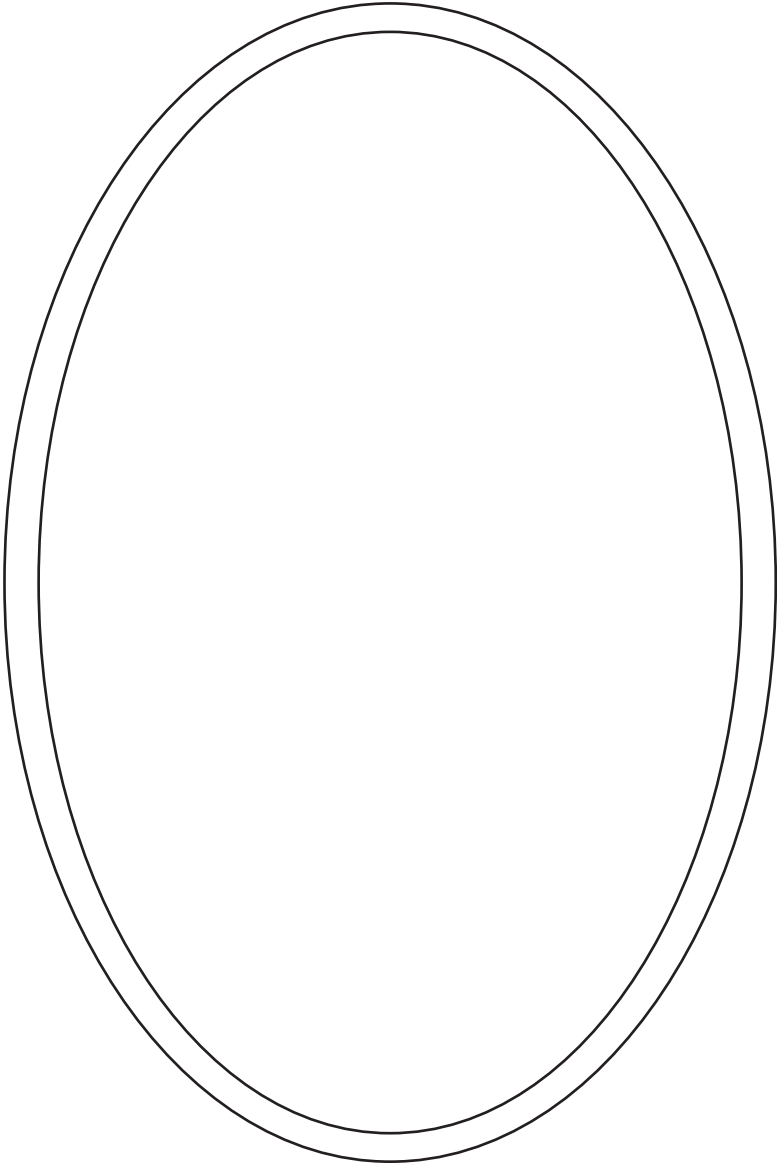
Day 10



Day 11

Date:

PEOPLE WHO MADE ME LAUGH OR SMILE THIS WEEK



Day 12

Date :

3 THINGS I'M GRATEFUL FOR TODAY

“

*Look up at the
stars and not down
at your feet.*

”

Day 13

Date:

BEFORE YOU BEGIN YOUR DAY, OR AT THE END OF YOUR DAY, LIST 10 THINGS FOR WHICH YOU ARE GRATEFUL:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Day 14

Date :

THINGS PEOPLE LIKE ABOUT ME

“

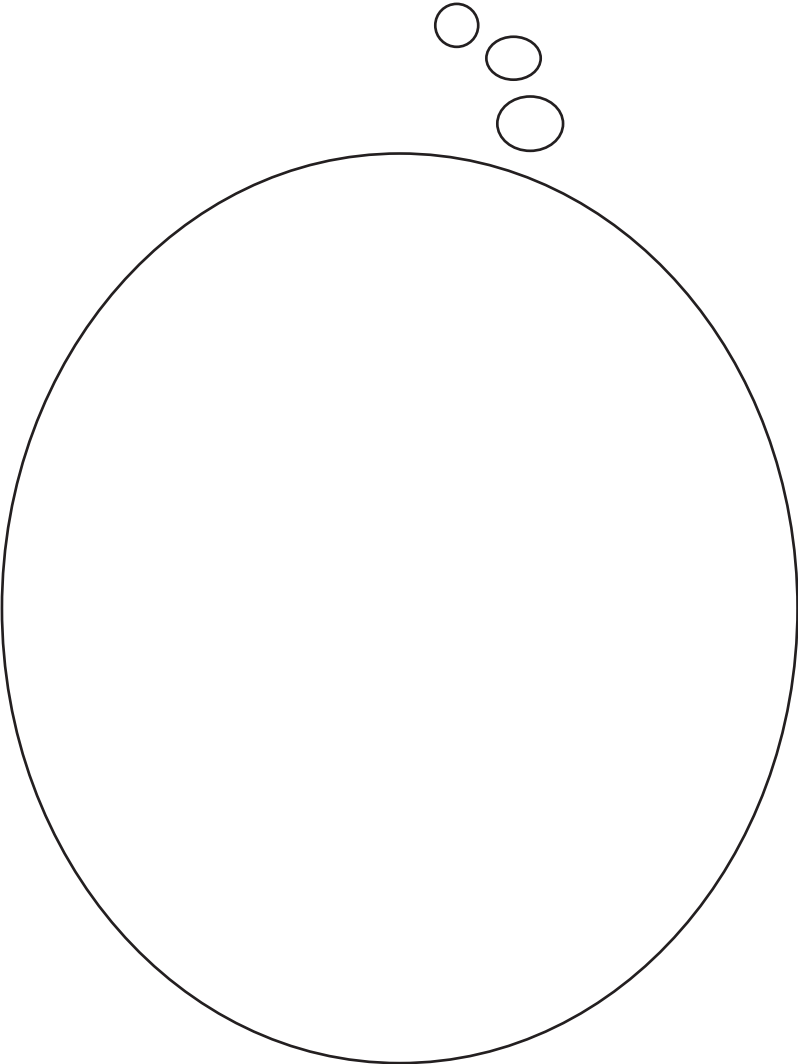
*The more grateful
I am, the more
beauty I see.*

”

Day 15

Date:

WHAT IS DIFFERENT TODAY THAN A YEAR AGO?



Day 16

Date :

MY STRENGTHS

ACHIEVEMENTS

DREAMS AND GOALS

WHY I DESERVE TO BE HERE



Day 17

Date:

SOMETHING NICE I WANT TO REMEMBER ABOUT TODAY

“

*Feeling gratitude
and not expressing
it is like wrapping
a present and not
giving it.*

”

Day 18

Date :

WHAT WAS SOMETHING THAT WAS HARD TO DO BUT YOU ARE GRATEFUL YOU DID?

“

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

”

Gratitude

Self-care

Mindfulness

Self-compassion

Mindset

Journaling

Sleep

Breathe

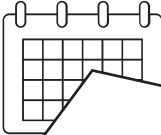
Exercise

Nature

Day 19

Date:

WHAT IS SOMETHING THAT WENT WELL TODAY?



A large, empty rectangular box with rounded corners, intended for writing the answer to the question above.

Day 20

Date :

FIVE THINGS I LIKED ABOUT MYSELF TODAY

1.

2.

3.

4.

5.



Day 21

Date :

**THINK OF SOMEONE FROM YOUR PAST THAT TAUGHT YOU
SOMETHING ABOUT YOURSELF, AND WRITE ABOUT IT.**

Day 24

Date:

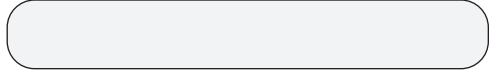
SKILLS I AM PROUD OF

“

Learn to be thankful for what you already have, while pursuing all that you want.

”

Day 25



FIVE THINGS I HAVE ACHIEVED IN MY LIFE SO FAR

Day 26

Date:

MY FAVORITE MEMORY OF TODAY

“

*Expect nothing
and appreciate
everything.*

”

Day 27

Date :

DRAW OR WRITE ABOUT SOMETHING BEAUTIFUL YOU SAW TODAY

Day 28

Date :

WHAT OR WHO MADE YOUR DAY A BIT MORE ENJOYABLE?

“

*The real gift of
gratitude is that
the more grateful
you are, the more
present you
become.*

”

Day 29

CLOSE YOUR EYES, TAKE A BREATH, AND IMAGINE A PLACE YOU'VE VISITED. DRAW OR DESCRIBE THE PLACE:

Day 31

Date:

REFLECT ON THE PREVIOUS 30 DAYS OF GRATITUDE

Wellness Worksheet

3-5 THINGS I'M LOOKING FORWARD TO THIS MONTH:

3-5 FEARS OR CONCERNS I HAVE FOR MYSELF THIS MONTH:

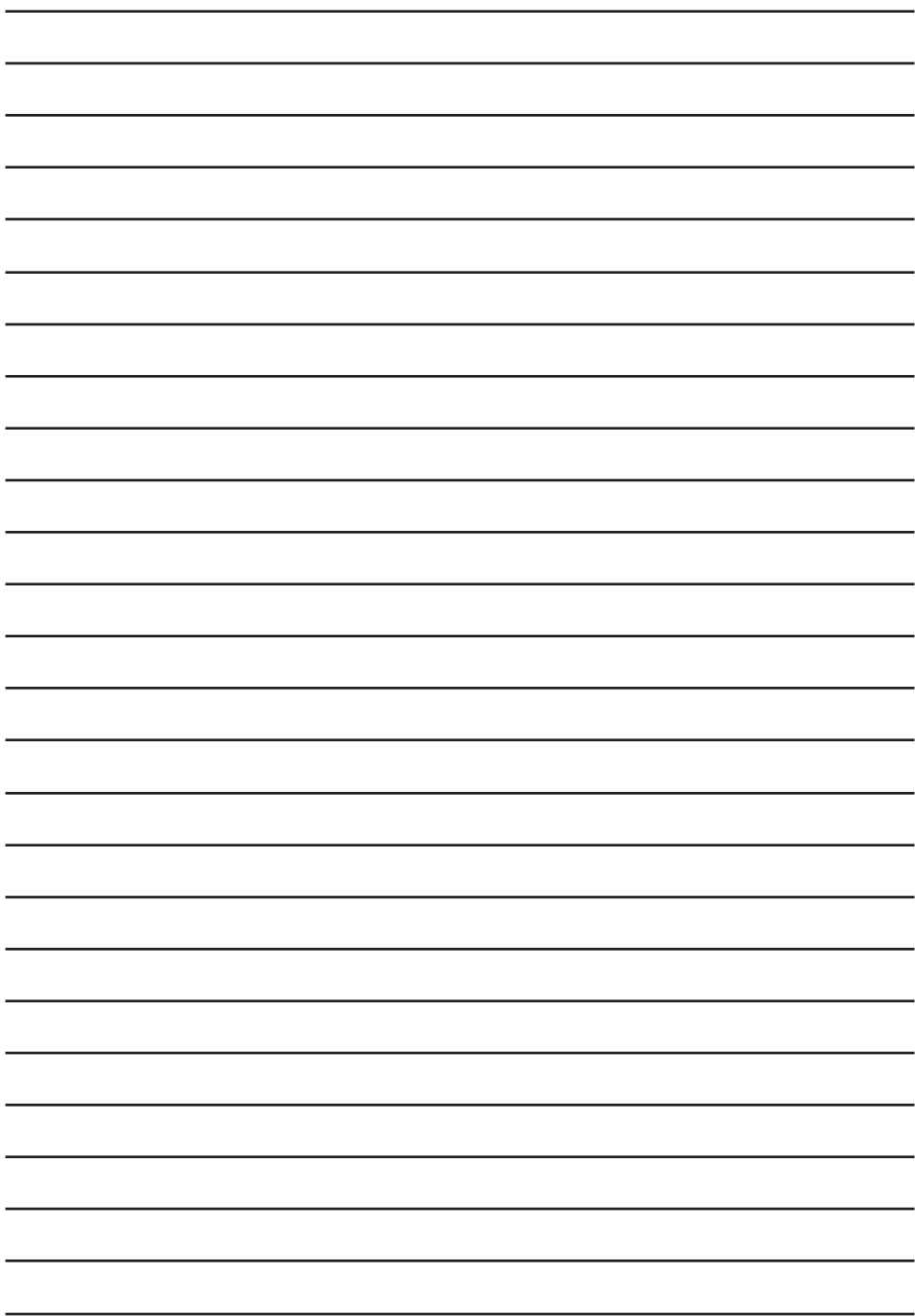
3-5 AFFIRMATIONS THAT HELP ME TO COUNTER THOSE FEARS:

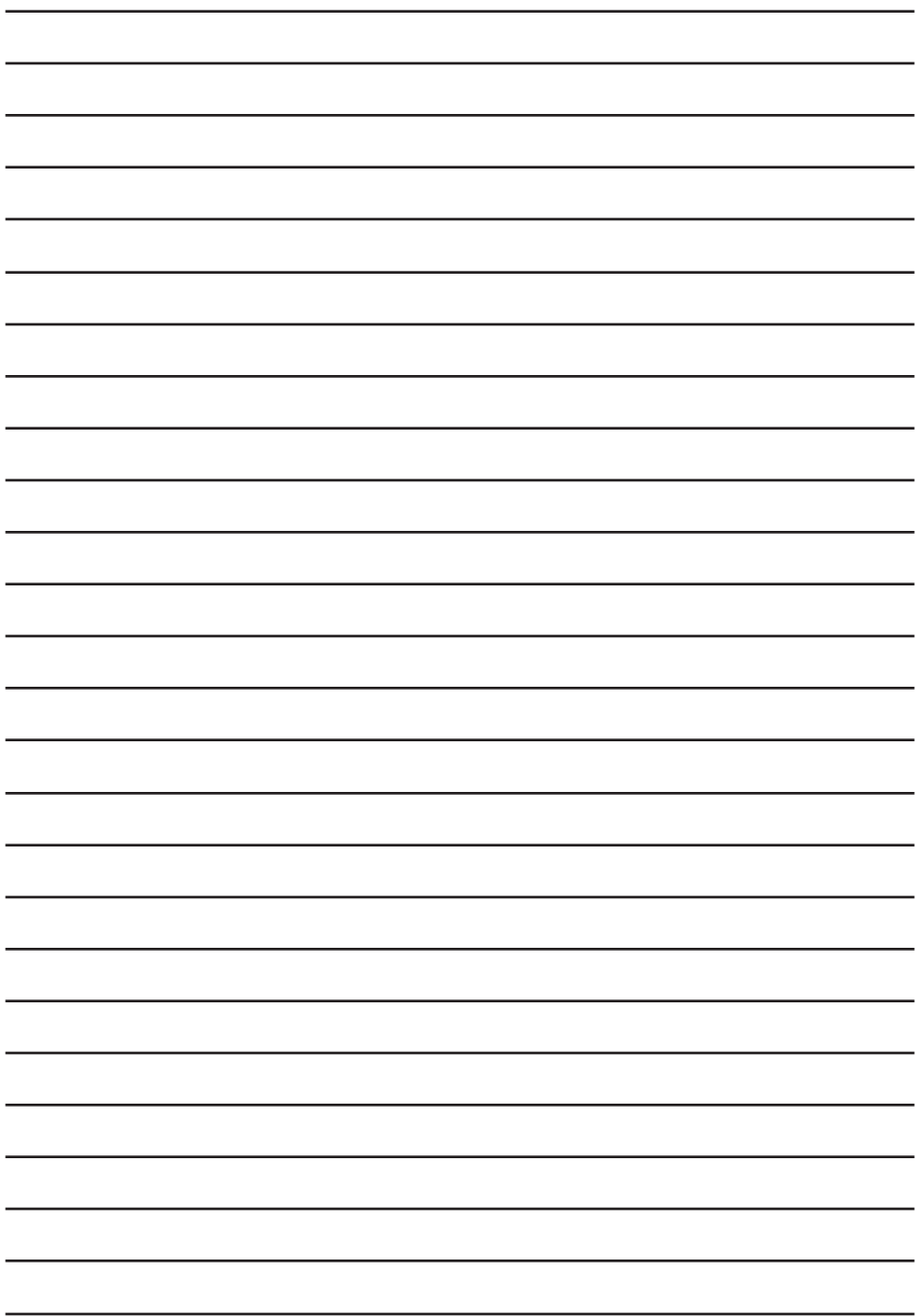
2-3 THINGS I CAN DO TO GET CONNECTED TO A COMMUNITY:

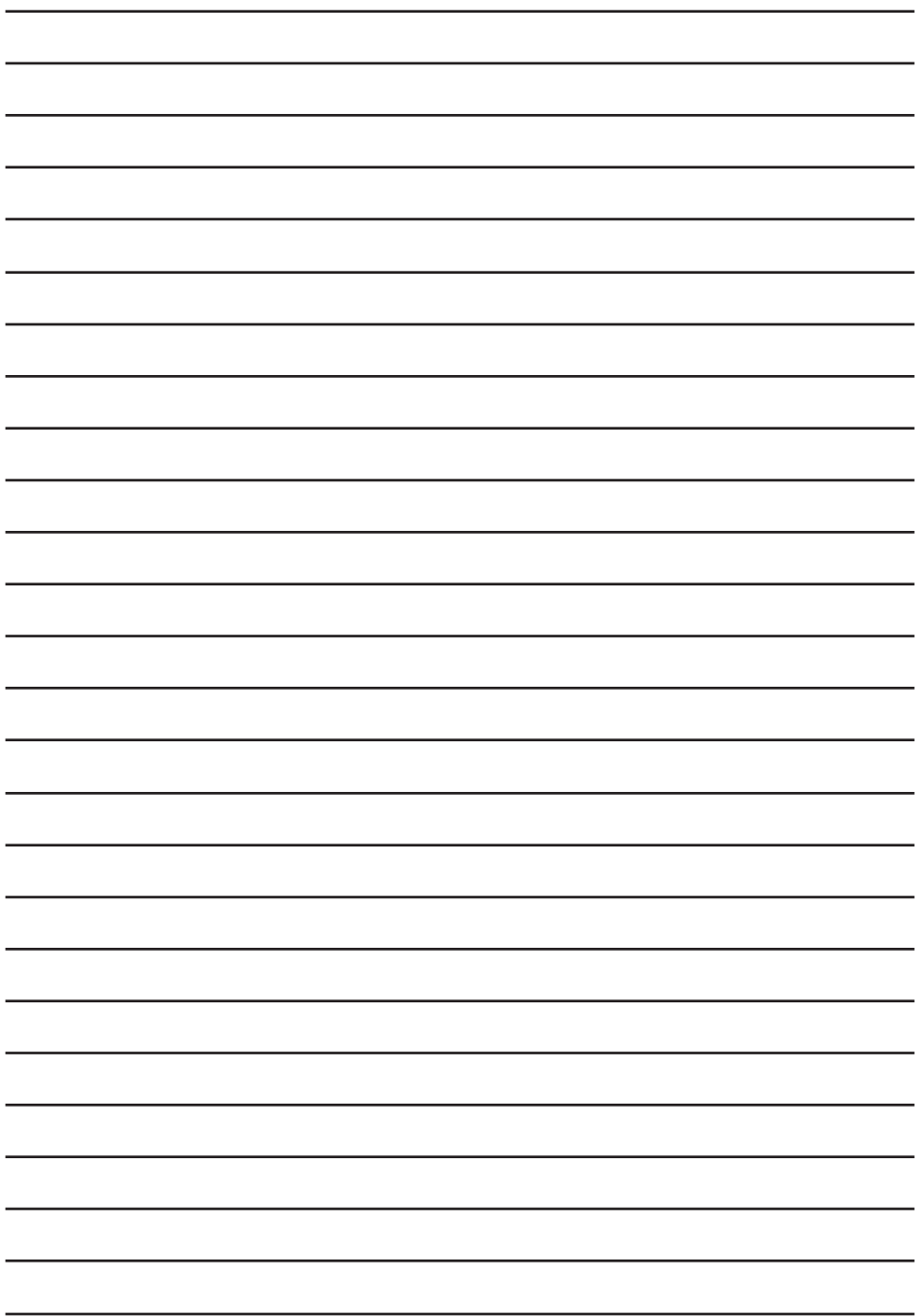
IF I AM STRUGGLING, I AM WILLING TO TALK TO:

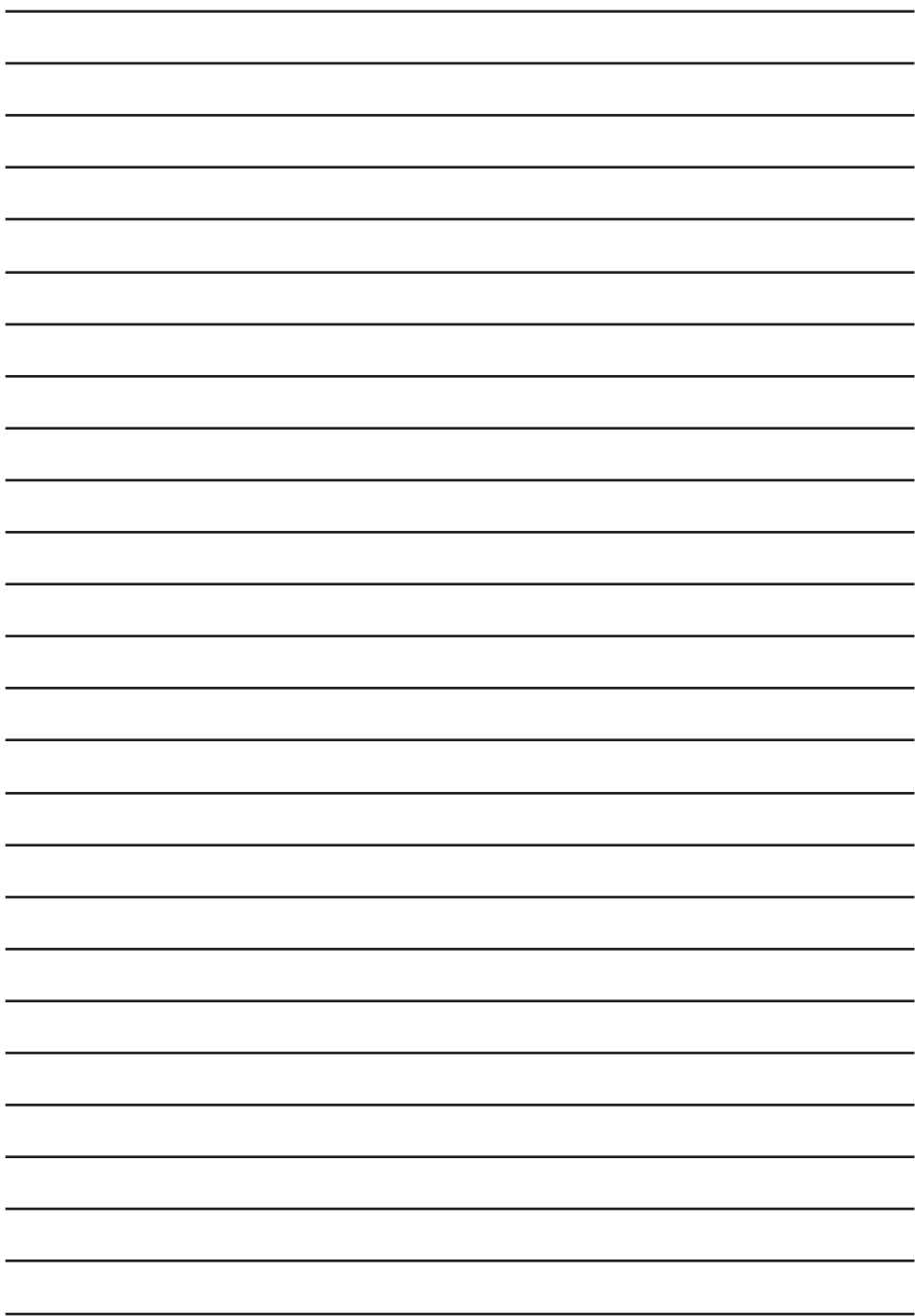
SUCCESS THIS SEMESTER FOR ME WOULD LOOK LIKE:

**There are lots of
ways to practice
self-care.**









H

colorado.edu/health