



choose happiness this week

Week of:

EXERCISE / VITALITY

MEANING / PASSION

RELATIONSHIP TIME

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

**I AM GRATEFUL
FOR...**

I SAVORED...

**I WAS KIND
TODAY...**

**I WAS
MINDFUL
WHEN...**

○ ○ ○ ○ ○

Gratitude turns what we have into enough. This week I am grateful for...