

My Notes
Colour Meditation – I am Grateful

Week 1

Things I am Grateful for:

1. _____
2. _____
3. _____
4. _____
5. _____

Week 2

Things I am Grateful for:

1. _____
2. _____
3. _____
4. _____
5. _____

Week 3

Things I am Grateful for:

1. _____
2. _____
3. _____
4. _____
5. _____

Week 4

Things I am Grateful for:

1. _____
2. _____
3. _____
4. _____
5. _____

What Changes have I noticed in 4 weeks of practicing gratitude?
