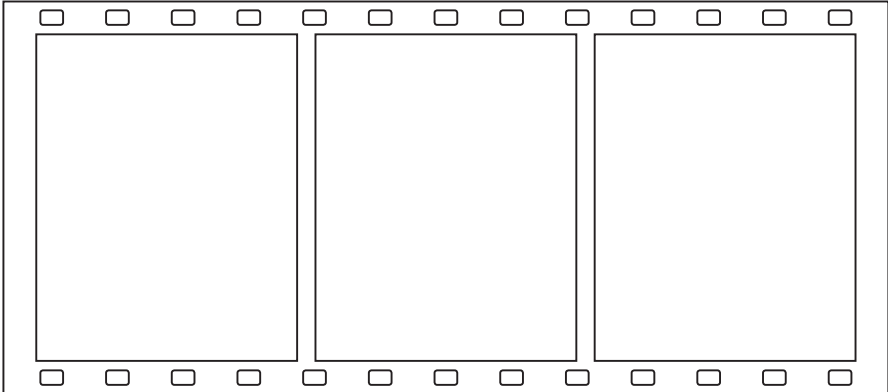


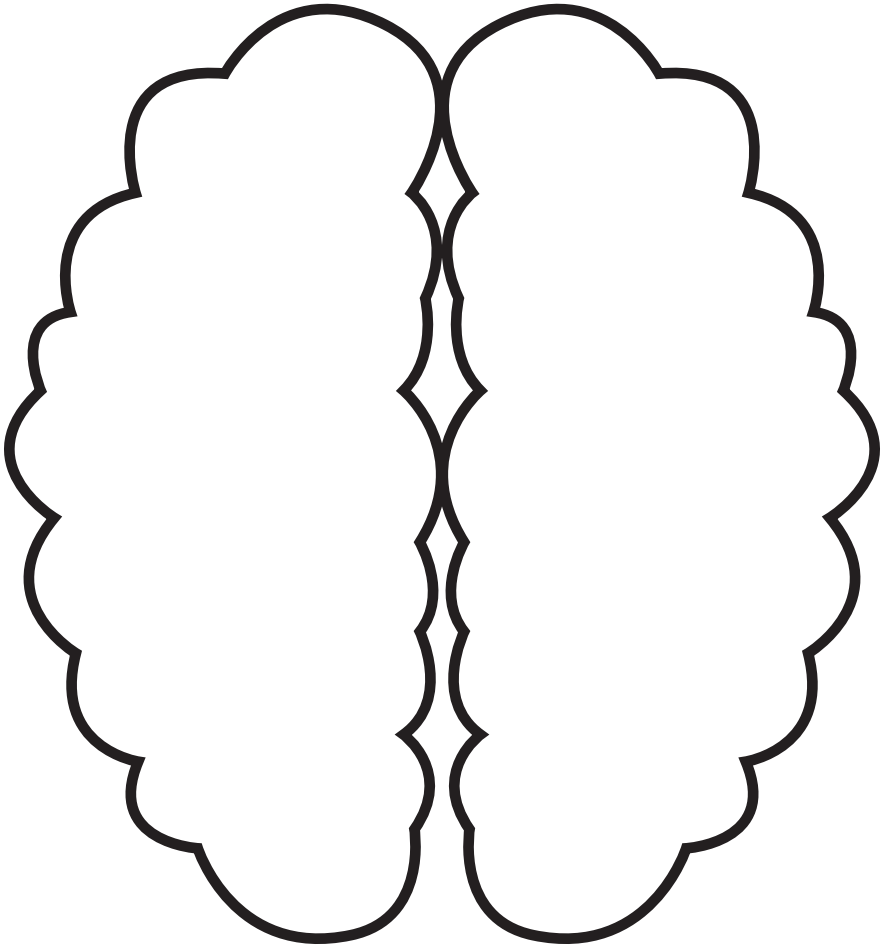
# Day 2

## 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

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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**

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“

*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**

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# Day 10

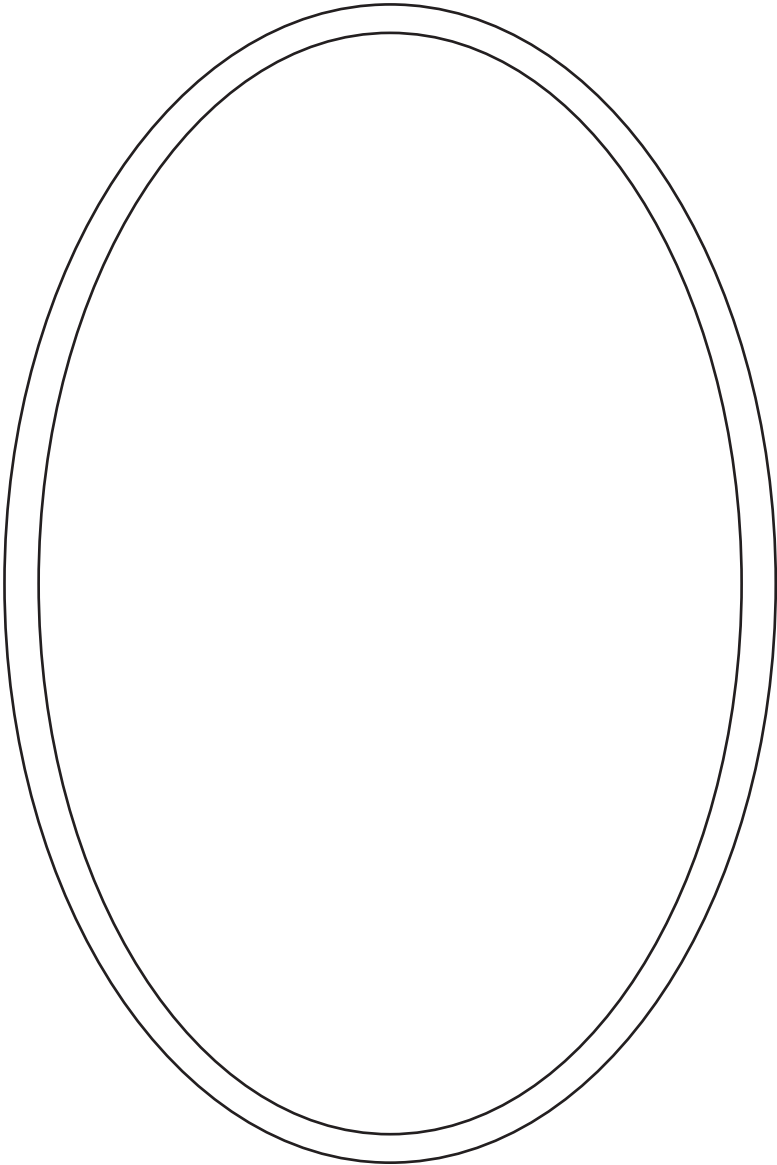




# Day 11

Date:

## PEOPLE WHO MADE ME LAUGH OR SMILE THIS WEEK



# Day 12

Date :

## 3 THINGS I'M GRATEFUL FOR TODAY

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“

*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

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“

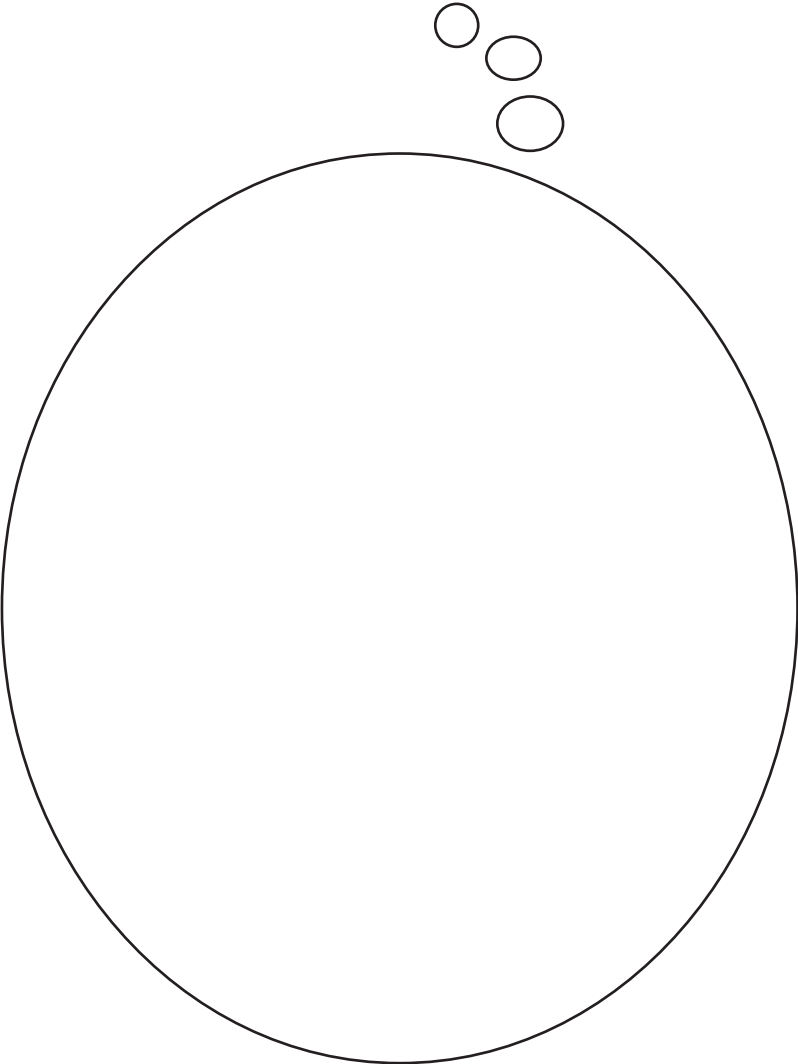
*The more grateful  
I am, the more  
beauty I see.*

”

# Day 15

Date:

**WHAT IS DIFFERENT TODAY THAN A YEAR AGO?**



# Day 16

Date :

## MY STRENGTHS

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## ACHIEVEMENTS

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## DREAMS AND GOALS

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## WHY I DESERVE TO BE HERE

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# Day 17

Date:

## SOMETHING NICE I WANT TO REMEMBER ABOUT TODAY

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“

*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?**

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“

*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

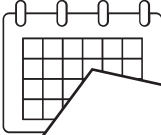
Exercise

Nature

# Day 19

Date:

**WHAT IS SOMETHING THAT WENT WELL TODAY?**



A large, empty rectangular box with rounded corners, intended for writing a response 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.**

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# Day 24

Date:

## SKILLS I AM PROUD OF

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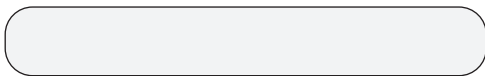
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“

*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?**

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“

*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**

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# Wellness Worksheet

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

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

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

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

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

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**SUCCESS THIS SEMESTER FOR ME WOULD LOOK LIKE:**

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

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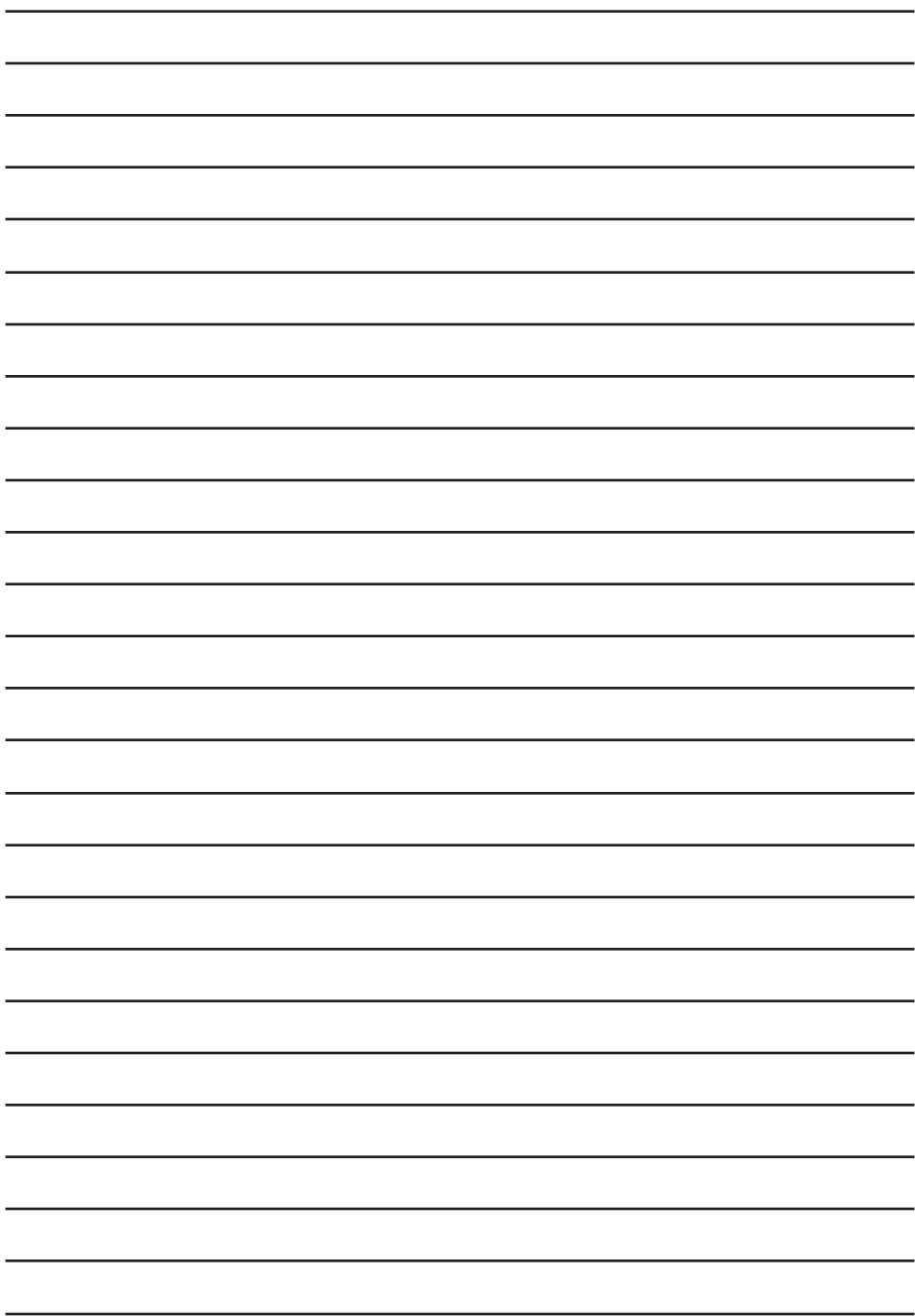
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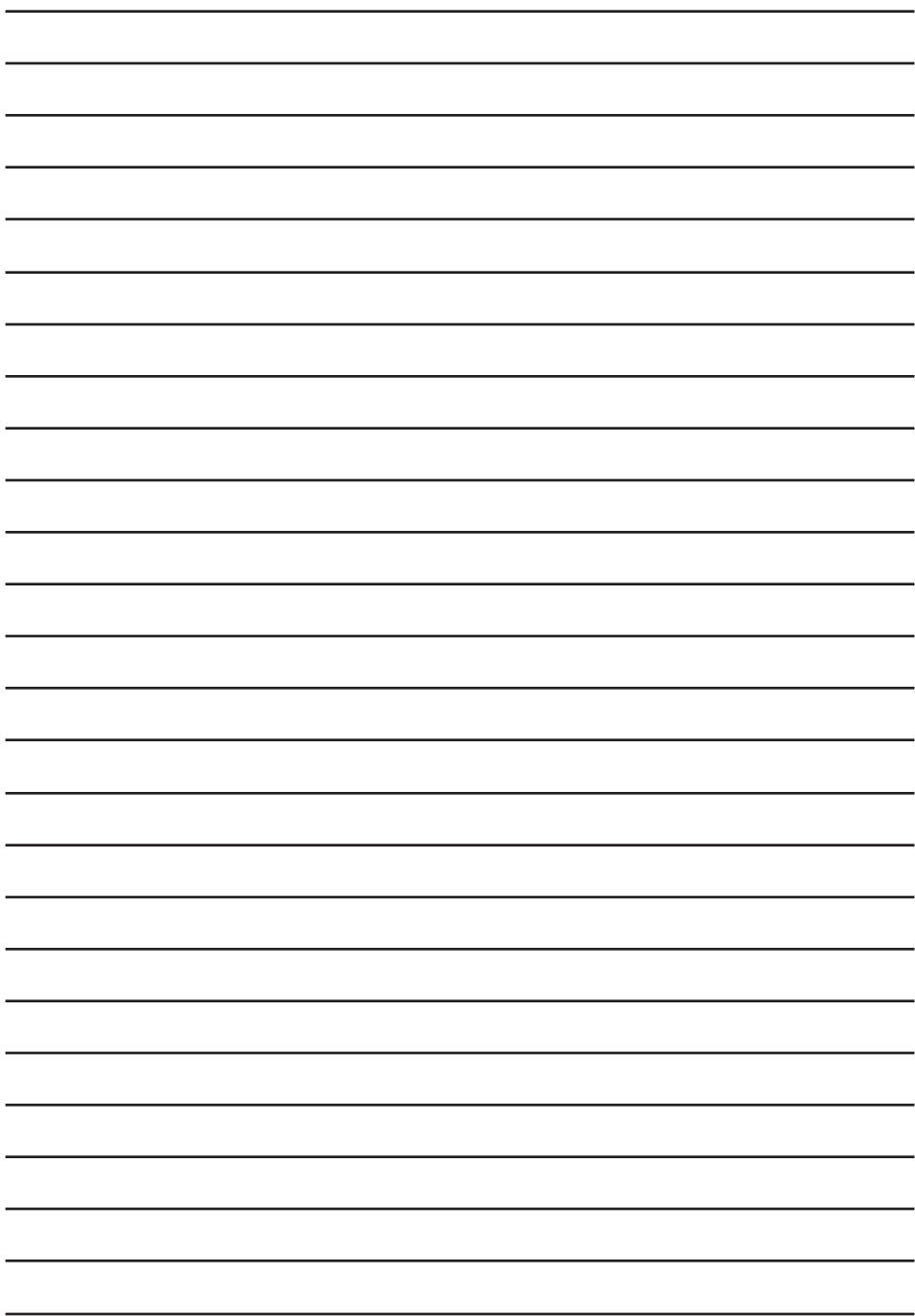
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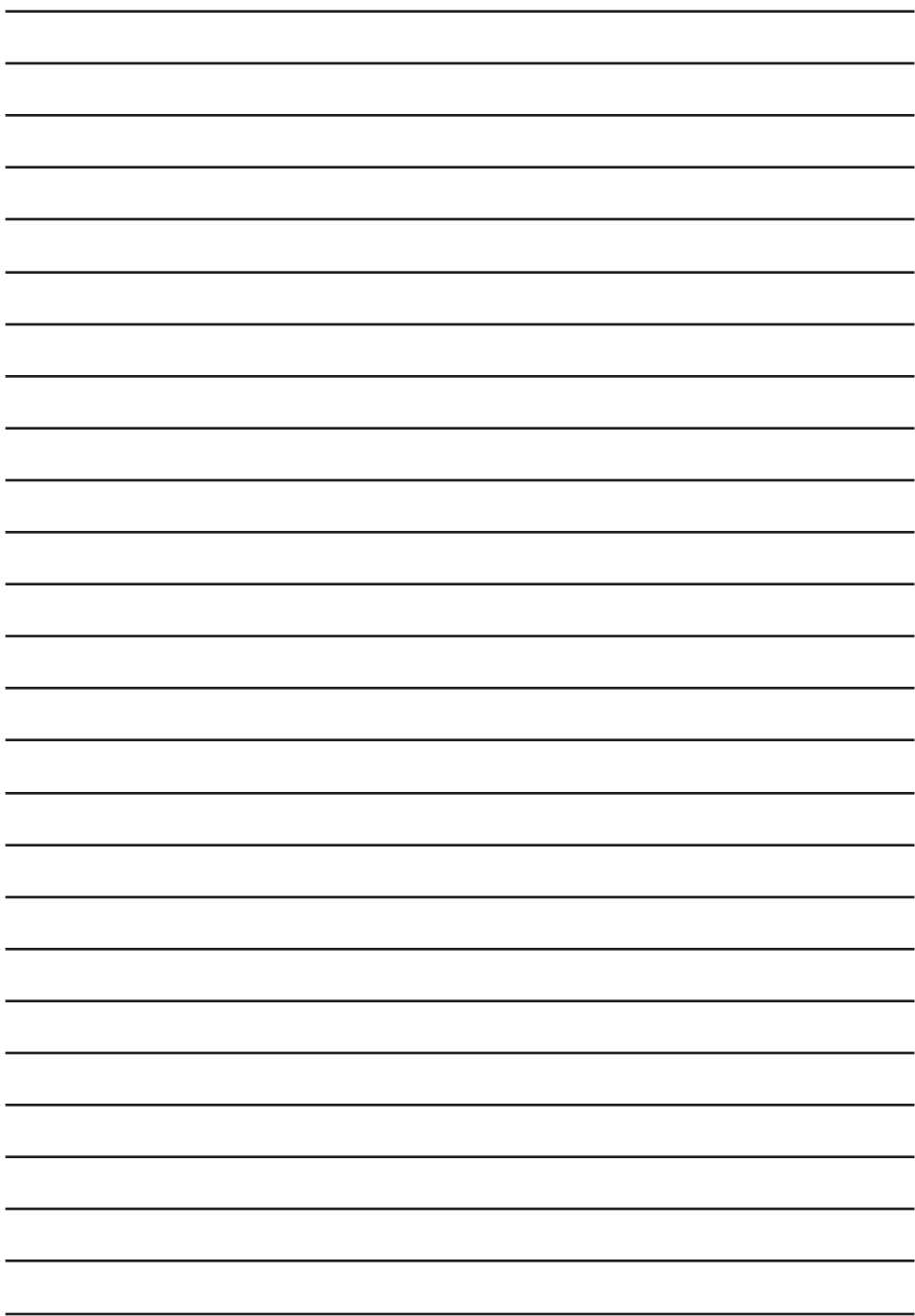


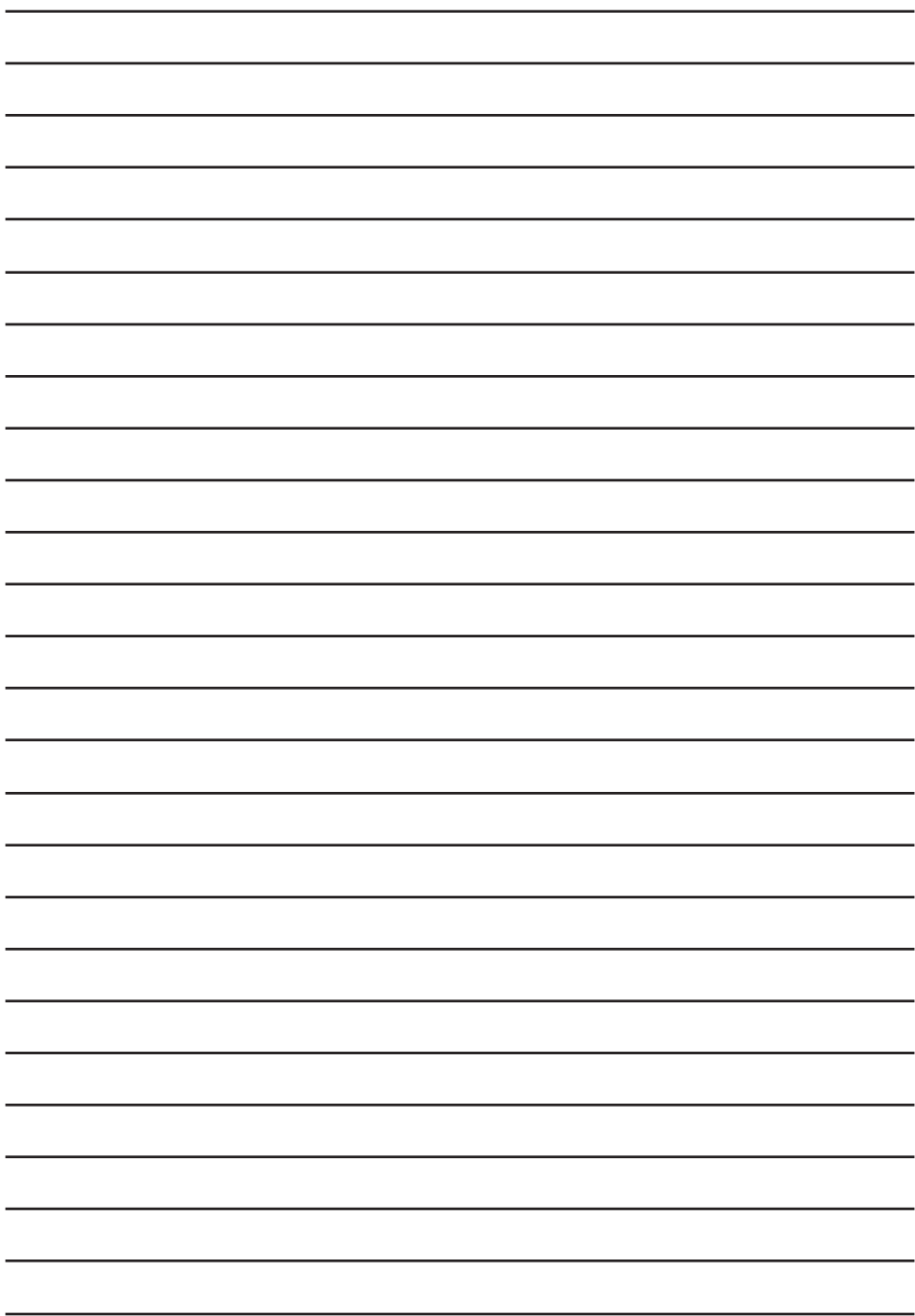












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