

August



Week 1

1st - 7th

"Everyday is a fresh start."

MON Three people in your life you are grateful for?

TUE Three friends you are grateful for?

WED Three small things you use daily that you are grateful for?

THU Three family members you are grateful for?

FRI Three talents or skills you have that you are grateful for?

SAT Three things you love to do to relax?

SUN Three moments next week that you are looking forward to?

Week 2

8th - 14th

"I'm not weird, I'm limited edition."

MON Three most important things to you?

TUE Three things you do everyday that you are grateful for?

WED Three things that inspire you?

THU Three people who inspire you?

FRI Three smells you love?

SAT Three of your best traits?

SUN Three foods you are grateful for?

Week 3

15th - 21st

"Happiness is homemade."

MON Three things about nature that you are grateful for?

TUE Three things you see everyday that you are grateful for?

WED Three things you like the most about summer?

THU Three things about technology that you are grateful for?

FRI Three possessions you are grateful for?

SAT Favorite holidays?

SUN Three things that make you smile?

Week 4

22nd - 28th

"There is no angry way to say bubbles."

MON Three opportunities you have been given that you are grateful for?

TUE Favorite movies?

WED Favorite songs of 2016?

THU Favorite songs of all time?

FRI Three things that fill you with love?

SAT Three things you like about your friends?

SUN Three great things that happened this week?

Week 5

29th Aug - 4th Sept

"Life is short. Smile while you still have teeth."

MON Three things you like about your job or school?

TUE Three special memories from childhood?

WED What immediately comes to mind when you think about blessings?

THU Biggest gifts in your life right now?

FRI Three freedoms you are grateful for?

SAT Three things you enjoy doing for others?

SUN Three great things that happened this month?
