



**KΦSMΣTΘLOGY**  
from grief to growth

# Gratitude calendar

## Monday

### Set your intent for the week

What are 3 things you are willing to bring into your week?

## Tuesday

### Don't take life for granted

What do you want to make sure you DO NOT take from granted today?

## Wednesday

### Share the LOVE

What made you smile, laugh, or feel loved today?

## Thursday

### Express your Gratitude

Who haven't you properly thanked for helping you?

## Friday

### Focus on the Good

What are the TOP 5 things that happened this week that you are grateful for?

## Saturday

### Appreciate the Moment

What do you notice, savor, and appreciate right now?

## Sunday

### Mindfulness

Go for a 20 min walk without your phone and just be present and observe your breathing and feelings.

*Be Kind to yourself. No Exceptions.  
with love. Manala*