



WEIRD
WONDERFUL
BRAIN

Gratitude

TODAY I AM GRATEFUL FOR

01

02

03

SMALL VICTORY I
HAD TODAY...

ONE THING I
NOTICED TODAY...

Date:

 @VERONIQUE.THEBERGE



WEIRD
WONDERFUL
BRAIN

Gratitude

TODAY I AM GRATEFUL FOR

01

02

03

TODAY I SMILED
WHEN...

ONE THING I DID
FOR MYSELF WAS...

Date:

 @VERONIQUE.THEBERGE



WEIRD
WONDERFUL
BRAIN

Gratitude

TODAY I AM GRATEFUL FOR

01

02

03

ONE THING THAT
WENT WELL TODAY...

ONE THING I
LEARNED TODAY...

Date:

 @VERONIQUE.THEBERGE



WEIRD
WONDERFUL
BRAIN

Gratitude

TODAY I AM GRATEFUL FOR

01

02

03

A PERSON IM
THANKFUL FOR...

I'M SENDING LOTS
OF LOVE TO...

Date:

 @VERONIQUE.THEBERGE



WEIRD
WONDERFUL
BRAIN

Gratitude

TODAY I AM GRATEFUL FOR

01

02

03

ONE THING I
CONSISTENTLY DO
WELL IS...

ONE OF MY
STRENGTH IS...

Date:

 @VERONIQUE.THEBERGE



WEIRD
WONDERFUL
BRAIN

Gratitude

TODAY I AM GRATEFUL FOR

01

02

03

I'M PROUD OF
MYSELF WHEN...

ONE THING I'D LIKE
TO IMPROVE IS...

Date:

 @VERONIQUE.THEBERGE



WEIRD
WONDERFUL
BRAIN

Gratitude

TODAY I AM GRATEFUL FOR

01

02

03

TOMORROW I'M
LOOKING FORWARD
TO...

AN EMOTION I FELT
WAS...

Date:

 @VERONIQUE.THEBERGE