WEEK: ______ of 4

Daily Gratitude Journaling

The goal of this challenge is to **journal 5 days per week for 4 weeks**. To get you started, try this prompt: “I am grateful for/to/that . . . because . . .” Check out 100 gratitude prompts at https://go.iu.edu/4NeP (URL is case-sensitive). You can use this worksheet 4 times (one for each week), or feel free to use your own journal!

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***When you’ve completed the 4-week challenge, tell us about your experience to receive a Healthy IU incentive!***

Visit go.iu.edu/summer-challenge for details.