

The background is a solid pink color with a repeating pattern of faint, white line-art icons. These icons include various yoga poses (like the lotus, warrior, and tree pose), a sun, a moon, stars, a heart, and a flame. In the top-left and bottom-right corners, there are clusters of orange and yellow flowers with green stems and leaves.

7-DAY GRATITUDE CHALLENGE

yoga rove

7-DAYS OF GRATITUDE.....

DAY 1

Date:

3 things to be grateful for (big or small)

Say something nice about yourself

Daily intention

What would make today great?

Happy memory

People I am grateful for

Lessons I learned today

Notes

7-DAYS OF GRATITUDE.....

DAY 2

Date:

3 things to be grateful for (big or small)

Say something nice about yourself

Daily intention

What would make today great?

Happy memory

People I am grateful for

Lessons I learned today

Notes

7-DAYS OF GRATITUDE.....

DAY 3

Date:

3 things to be grateful for (big or small)

Say something nice about yourself

Daily intention

What would make today great?

Happy memory

People I am grateful for

Lessons I learned today

Notes

7-DAYS OF GRATITUDE.....

DAY 4

Date:

3 things to be grateful for (big or small)

Say something nice about yourself

Daily intention

What would make today great?

Happy memory

People I am grateful for

Lessons I learned today

Notes

7-DAYS OF GRATITUDE.....

DAY 5

Date:

3 things to be grateful for (big or small)

Say something nice about yourself

Daily intention

What would make today great?

Happy memory

People I am grateful for

Lessons I learned today

Notes

7-DAYS OF GRATITUDE.....

DAY 6

Date:

3 things to be grateful for (big or small)

Say something nice about yourself

Daily intention

What would make today great?

Happy memory

People I am grateful for

Lessons I learned today

Notes

7-DAYS OF GRATITUDE.....

DAY 7

Date:

3 things to be grateful for (big or small)

Say something nice about yourself

Daily intention

What would make today great?

Happy memory

People I am grateful for

Lessons I learned today

Notes