

Summer of Gratitude

Summer 2018



May-August 2018

Name: _____

Sun.

Mon.

Tue.

Wed.

Thu.

Fri.

Sat.

Welcome! Throughout the summer, you will keep a gratitude journal for at least 75 days. Please write one word, or a quick sentence that describes what you are grateful for that day.

EX:

1 /75

Grateful for:
WSU Employee
Wellness!

___/75

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Please return your tracking sheets to wellness@weber.edu or MC 3501 no later than **Friday, August 17th**



WEBER STATE UNIVERSITY
Employee Wellness

Summer of Gratitude

Summer 2018

employee wellness
weber state university

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One month down! What has been your favorite day so far?

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We are going into month three of our challenge. I hope you are enjoying the summer and this challenge!

___/75	___/75	___/75	___/75	___/75	___/75	___/75
___/75	___/75	___/75	___/75	___/75	___/75	___/75
___/75	___/75	___/75	___/75	___/75	___/75	___/75
___/75	___/75	___/75	___/75	___/75	___/75	___/75

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Last month! Remember- you only need to track 75 days of gratitude. You can track more days if you choose.

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