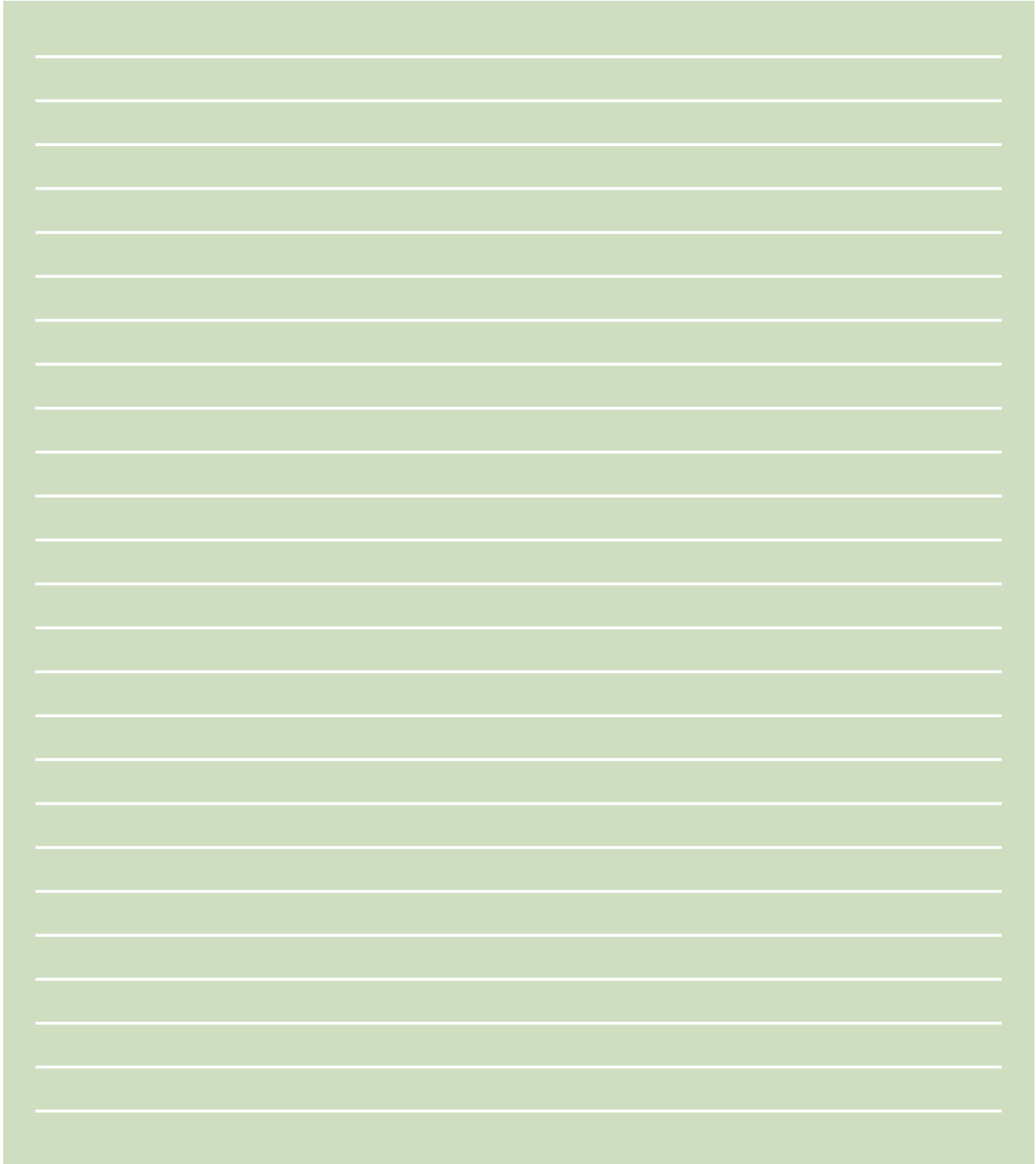




VEGAN LIFE
COACH
ACADEMY
-
GRATITUDE
CHALLENGE

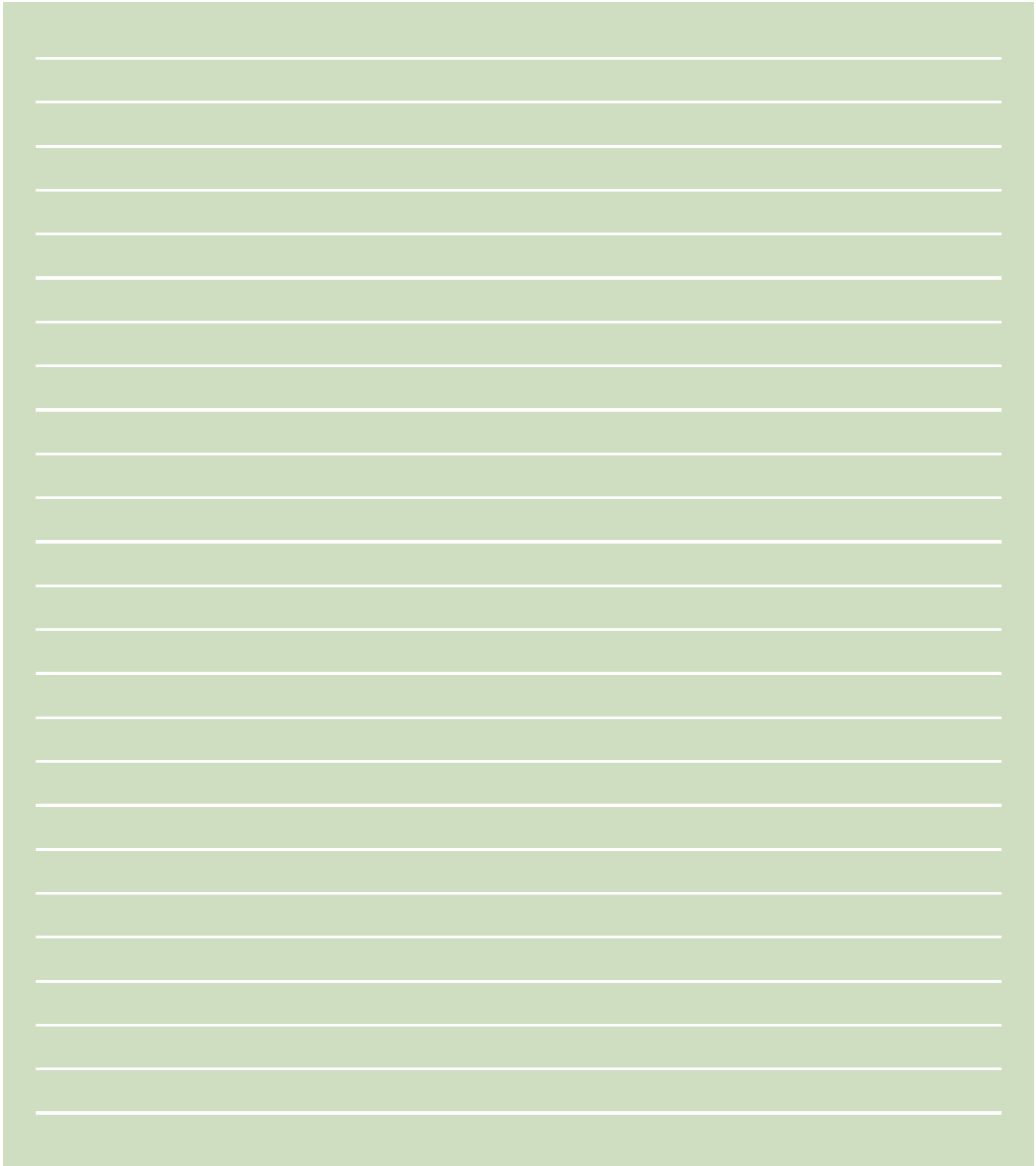
Day 1: Grateful for who we are.

Journaling Prompt: What are five personality traits that you are most thankful for?

A large green rectangular area with horizontal white lines, intended for writing a journal entry. The lines are evenly spaced and cover the entire width of the green area.

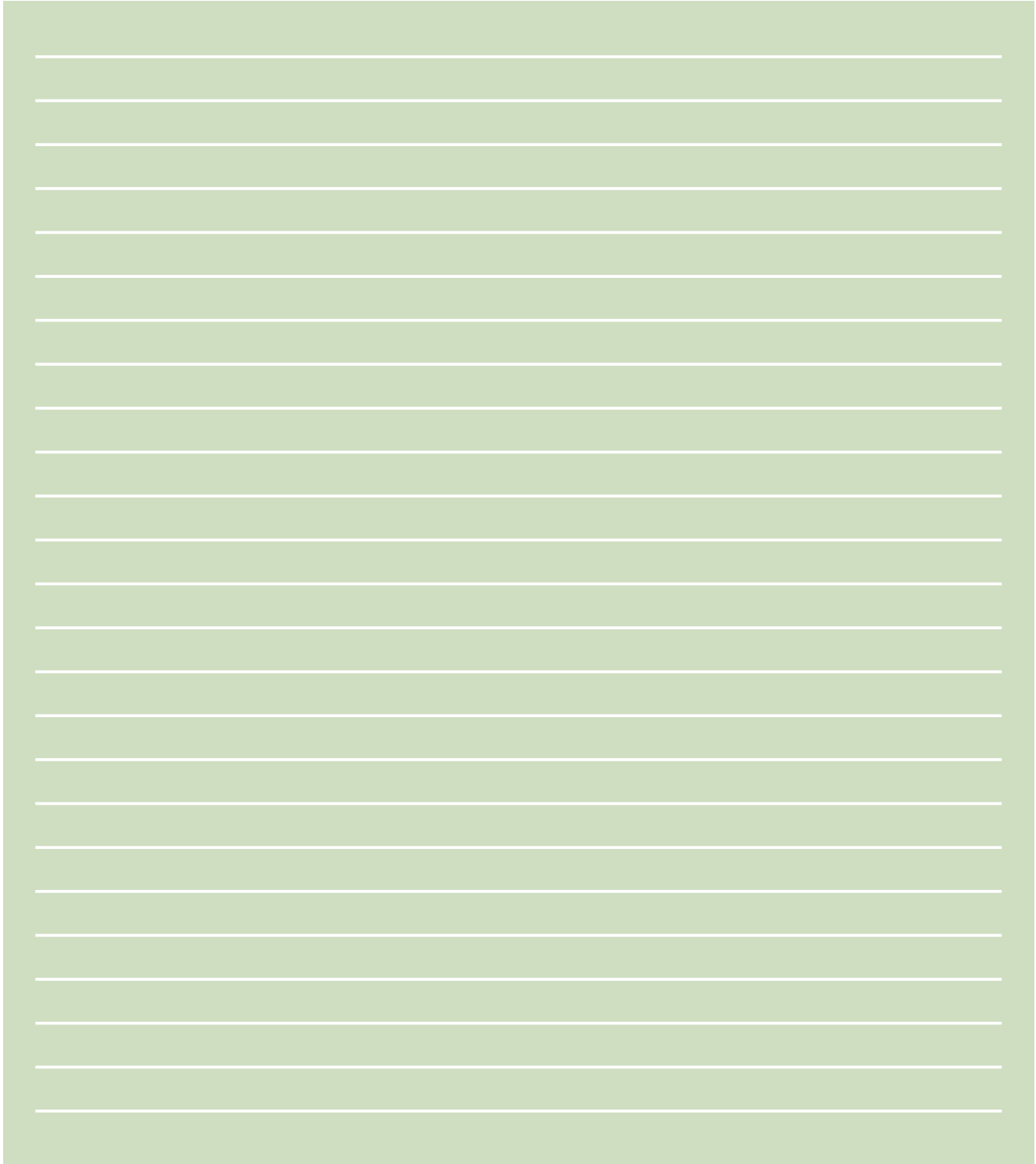
Day 2: Grateful for what we have.

Journaling Prompt: Think of something that has happened to you that has made you realize how fortunate you are.



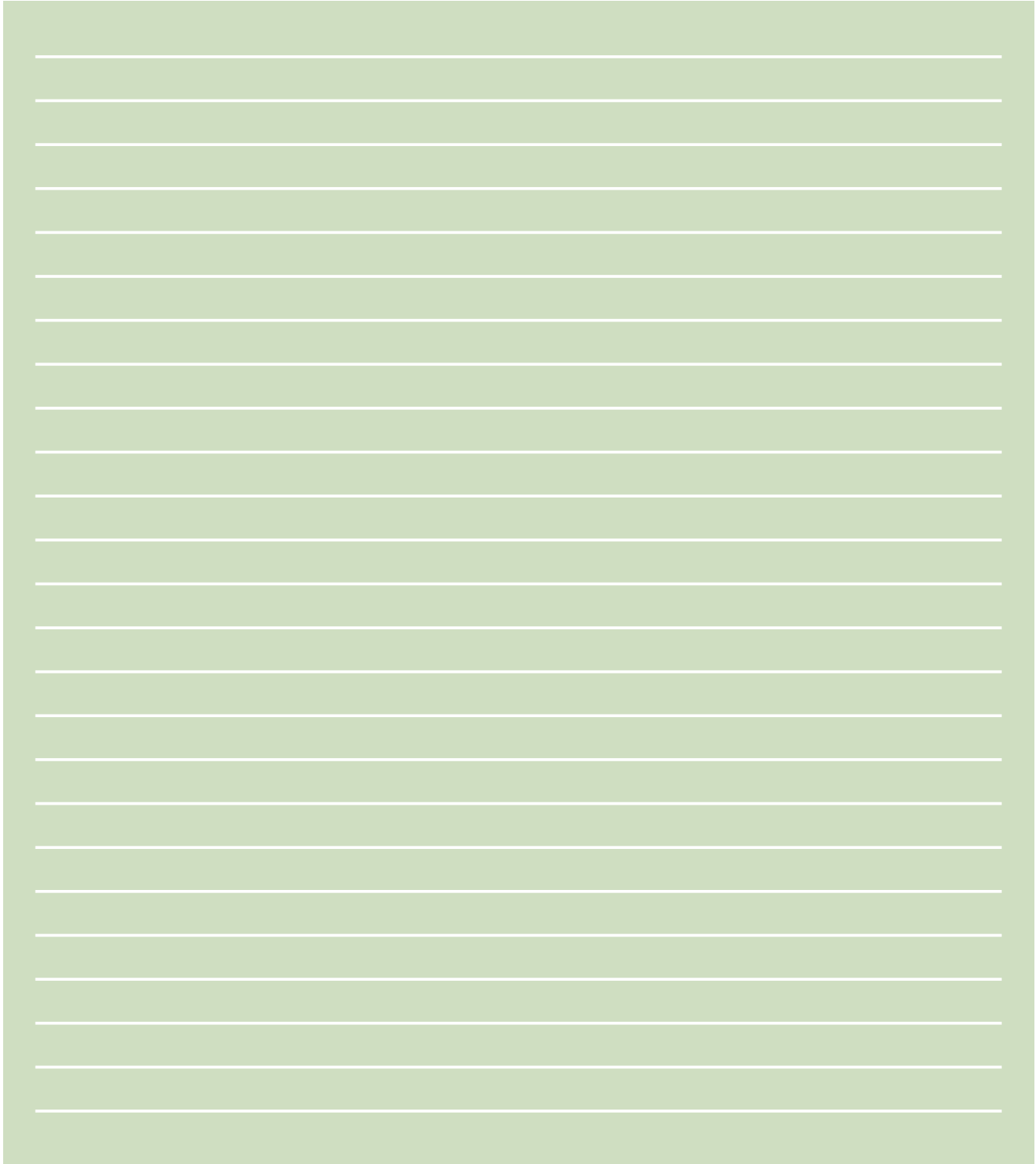
Day 3: Grateful for those in our lives.

Journaling Prompt: Name someone in your life that you truly treasure. Why?

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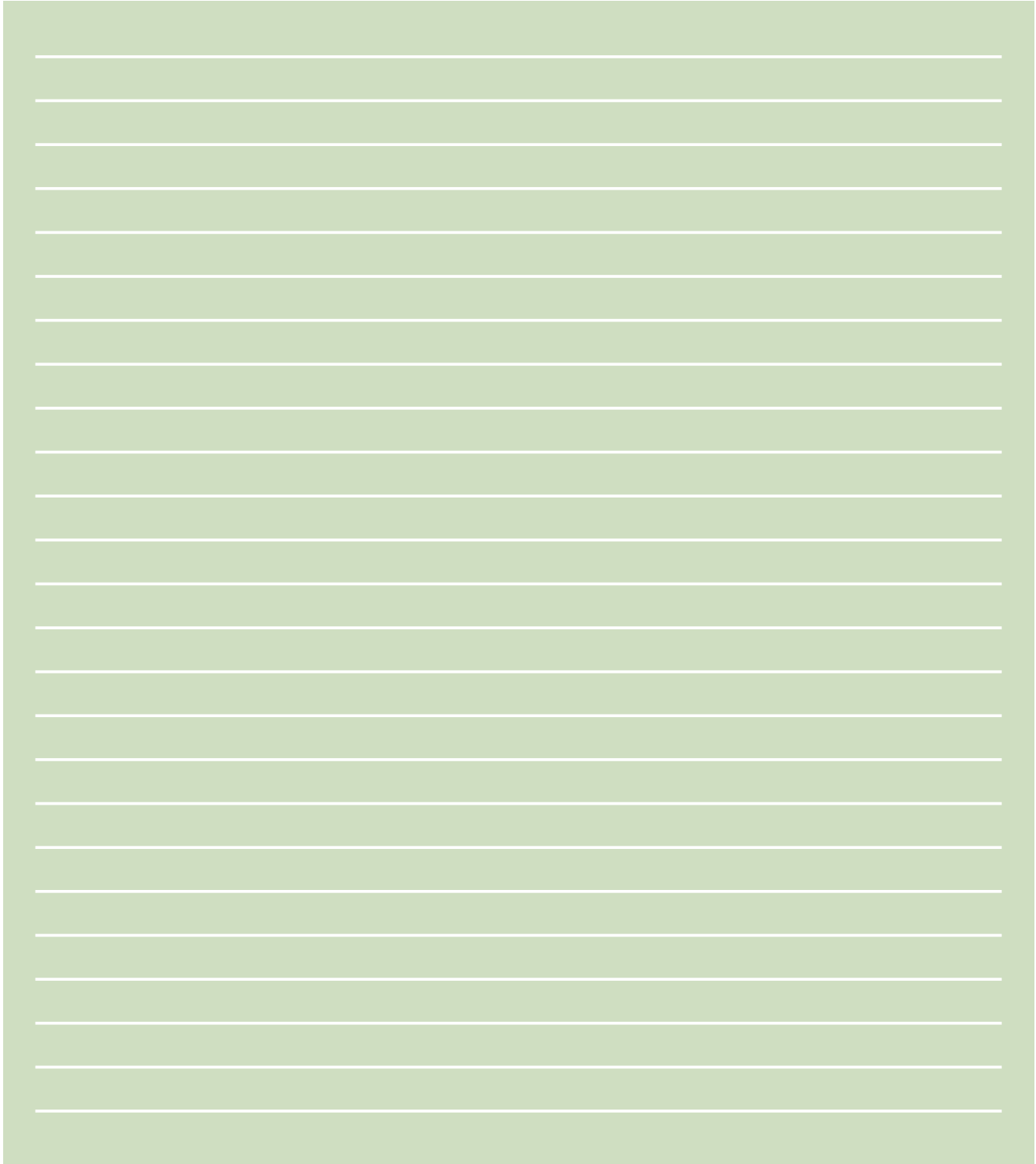
Day 4: Grateful for what we are capable of.

Journaling Prompt: What is something I would like to get better at? How can I improve?



Day 5: Just grateful.

Journaling Prompt: How do you feel right at this moment?

A large green rectangular area with horizontal white lines, intended for journaling. The lines are evenly spaced and cover the entire width of the green area.