
Seasonal GRATITUDES

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I challenge you to slow down and be grateful for the seasons.

Print this Seasonal Favorites Journal Prompt and fill it in with your own words or emojis.

Or you can make it so much more fun by simply discussing it with a partner,
family members or small group of friends!

Favorite seasonal items.....and GO!

SPRING

March 1 - May 31

Food:
Drink:
Smell:
Weather:
Clothing Item:
Holiday:
Family Memory:
Outdoor Activity:

SUMMER

June 1 - August 31

Food:
Drink:
Smell:
Weather:
Clothing Item:
Holiday:
Family Memory:
Outdoor Activity:

FALL

September 1 - November 30

Food:
Drink:
Smell:
Weather:
Clothing Item:
Holiday:
Family Memory:
Outdoor Activity:

WINTER

December 1 - February 28

Food:
Drink:
Smell:
Weather:
Clothing Item:
Holiday:
Family Memory:
Outdoor Activity: