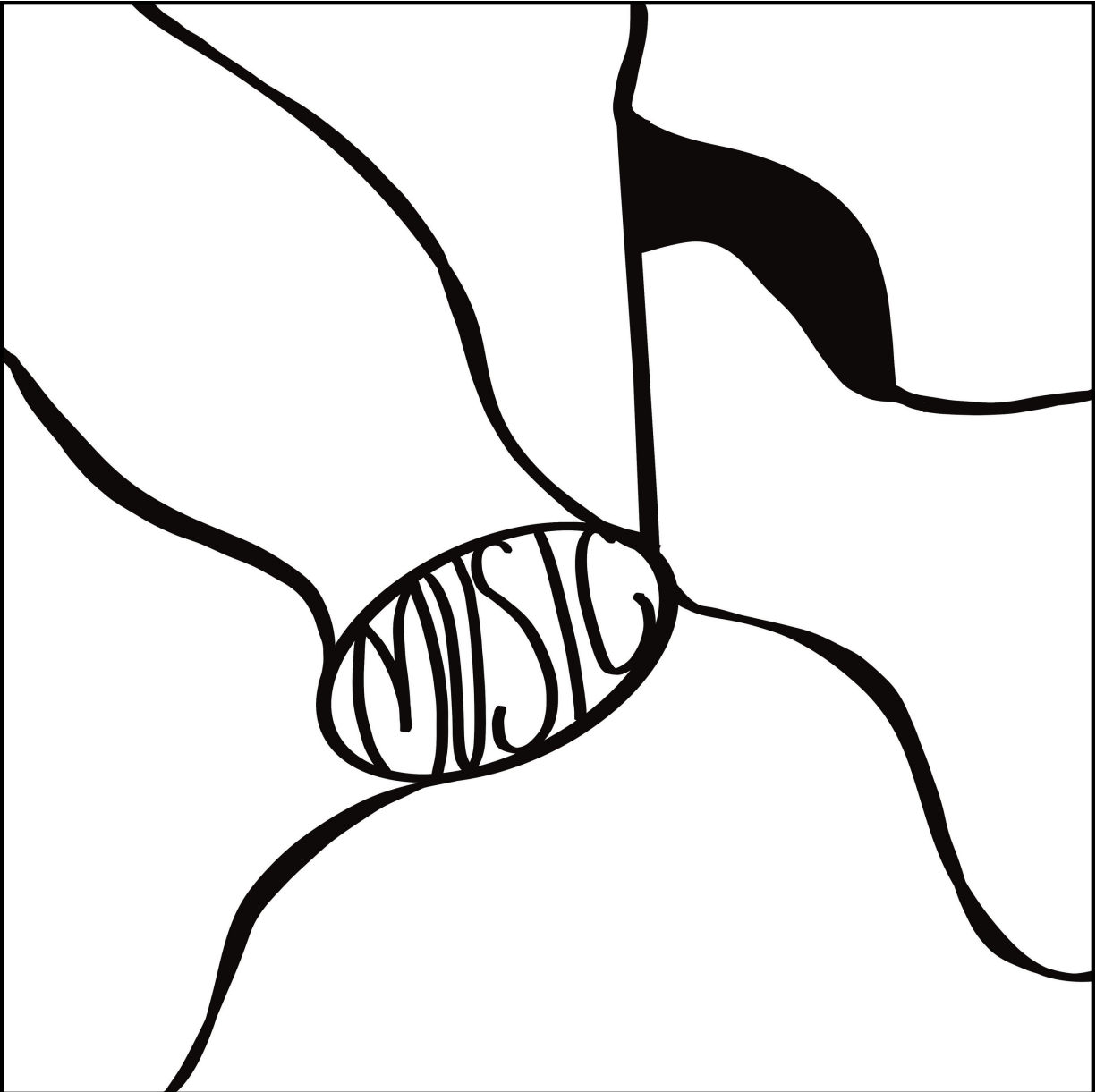


# I am grateful for...



*In the spaces around the music note, write about your gratitude for music in whatever form that may take. Try to add one thing each day this week. Add color if you wish.*

*You can make a similar page of your own in your gratitude journal or use the one above.*

*Cut it out and paste it in a journal or collect the pages in a binder.*

# Music Journal Prompts

- What do I notice about my body and mindset as I use this week's graphic in my gratitude journal? Is there something that is surprising there?
  
- Is music something I usually express gratitude for? Why or why not?
  
- How does documenting my gratitude make me feel?
  
- What are my general attitudes about music? What types are my favorites? What types do I not care for? What styles might I explore further?

# Music Attitude Tracker

Each day this week, note what type of music you listened to and how it affected your mood, energy, or attitude.