

Gratitude in June

Starting Check-In: Where are you now?

This is a simple starting check-in for the Gratitude in June project. Follow the instructions below:

1. Choose 10 areas that are important to you from the list below (or your head) and write one in each spot.
2. On a scale of 1 to 10, how do you feel about each area of your life you chose? (1 = Everything must change. 10 = It's so amazing!!!)
3. Shade in the circle from the center up to the number you gave.
4. Notice what you would and wouldn't change in each area. What would make it a 10? What are you grateful for now?

Work/Career	Family	Friends	Significant Other	Dating/Romance
Physical Activity	Creativity	Physical Environment	Life Purpose	Money/Financial
Fun & Recreation	Personal Growth	Health & Well-being	Social Activism	Spirituality/Religion

