

Weekly Gratitude Diary

Week # _____

Days	Make a habit of taking a break from your busy life to write down about moments or events or observations that day that brought a smile to your face, joy to your heart or made you laugh. Cherish those moments that you are grateful for.	Who played a role in these moments?
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

Functional Medicine is a personalized approach to identification of the root cause of disease and empowerment of individuals to heal themselves.

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