



EDSA

In partnership with The National Association of
Anorexia Nervosa & Associated Disorders

PROJECT EDSA

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GRATITUDE JOURNAL



BE GRATEFUL FOR EVERYTHING YOU HAVE



5 THINGS IM
GRATEFUL FOR

- 1
- 2
- 3
- 4
- 5

5 PEOPLE IM
GRATEFUL FOR

- 1
- 2
- 3
- 4
- 5

5 MEMORIES IM
GRATEFUL FOR

- 1
- 2
- 3
- 4
- 5

5 SKILLS IM
GRATEFUL FOR

- 1
- 2
- 3
- 4
- 5

5 FOODS IM
GRATEFUL FOR

- 1
- 2
- 3
- 4
- 5

5 SONGS IM
GRATEFUL FOR

- 1
- 2
- 3
- 4
- 5

EVERY DAY BRINGS SOMETHING TO APPRECIATE.

