

GRATITUDE

What is Gratitude?

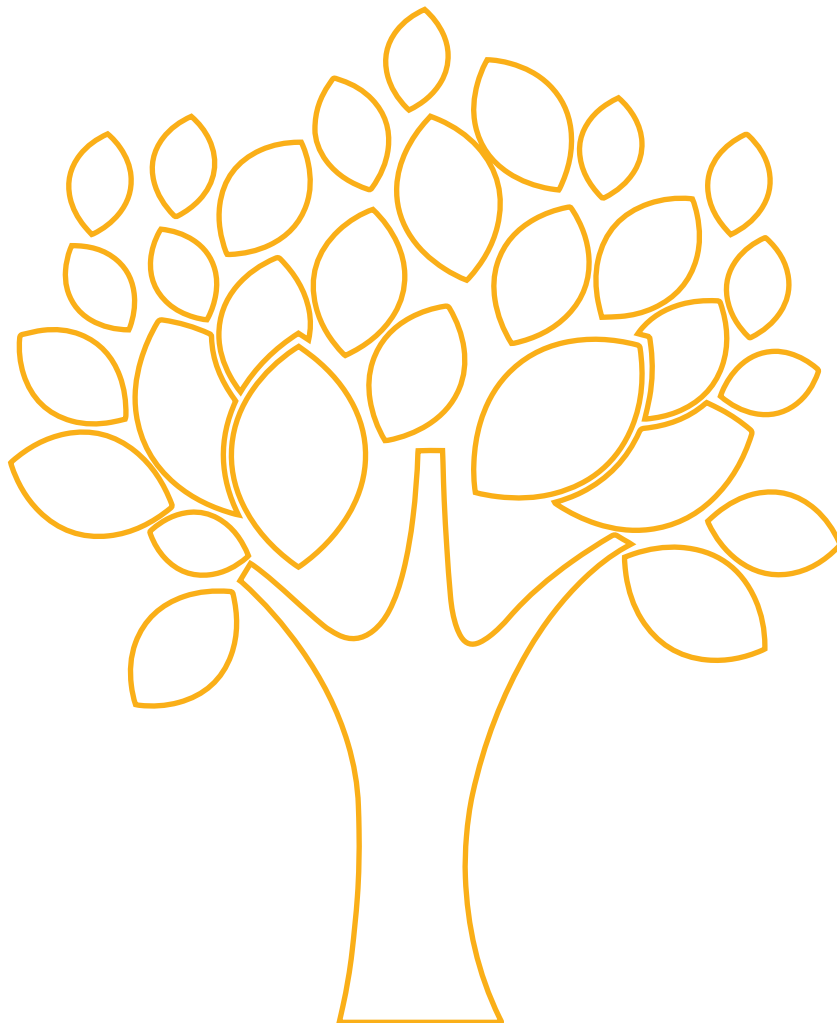
Gratitude means to recognize, acknowledge and feel appreciation.

Why focus on Gratitude?

Being intentional about gratitude boosts our mood and levels of positive emotions, improves our health and increases our resilience.

What can you be grateful for?

Friendships, nature, good memories, pets, food, shelter, transportation. Anything!
Paying attention to even small things, especially during tough times, is an important way to get through challenges and become more resilient.



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I'm thankful for...

Write down 5 things you are thankful for.

Love yourself...

What are 3 things that you love about yourself.

Sending love...

Write down 3 people you are thankful for.

Tomorrow...

Write down 2 ways you are going to spread gratitude.

Bonus Challenge:

Share the two ways you are going to spread gratitude with someone you trust.