

GRATEFULNESS CHART

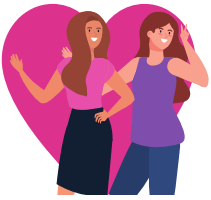
Gratitude helps people feel more positive emotions, relish good experiences, improve their health, deal with adversity, and build strong relationships.



I AM GRATEFUL FOR MYSELF BECAUSE



I AM GRATEFUL FOR MY FAMILY BECAUSE



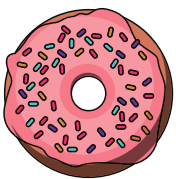
I AM GRATEFUL FOR MY FRIENDS BECAUSE



I AM GRATEFUL FOR MY WORK BECAUSE



ONE MEMORY THAT I AM GRATEFUL FOR



ONE FOOD THAT I AM GRATEFUL FOR
