

WHAT IS GRATITUDE?



Gratitude means feeling thankful and appreciative for what you already have. By recognizing what we are grateful for, we can multiply our happiness and well-being. In some ways, it's just common sense. By focusing on the positive things in your life, you end up feeling better.

Gratitude isn't just being thankful for the big things in your life, though. It's about learning to notice all the little things that happen that you can be happy about, too.

Let's practice! Make a quick list of 4 things you are thankful for today:



I AM THANKFUL FOR:

- 1.
- 2.
- 3.
- 4.

How do you think being grateful more often can help to improve your life?

GRATITUDE A TO Z



Use every letter of the alphabet to think of something you are grateful for!

A	B
C	D
E	F
G	H
I	J
K	L
M	N
O	P
Q	R
S	T
U	V
W	X
Y	Z