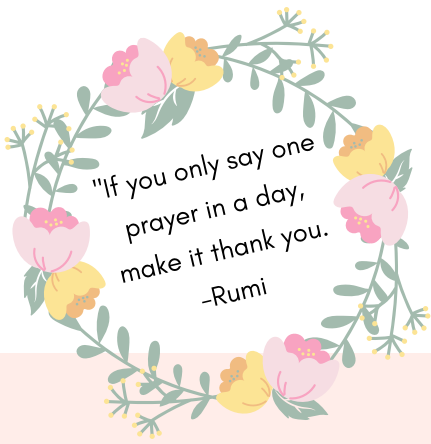


I am grateful



In the space below please list as many things as you can that you are grateful for. Think of the things, people, and places that bring you joy, make life easier, make you better, and that make our world better. You are free to express thanks for all things no matter how large or small, impactful or silly, magical or mundane.



* I am grateful for my body for its ability to:

* People I am grateful for:

* Places I am grateful for:

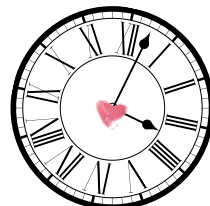
* Items I am grateful for:

* People who are grateful for me:

Identify something associated with every color of the rainbow you are grateful for



Set an alarm for the same time each day to speak your gratitude out loud



Write the letters of the alphabet on the left side of a piece of paper and then fill in a gratitude for each letter



Other ways to practice giving thanks