



# THANKS!

Gratitude is the act of being thankful and appreciating certain things in our life. Practicing this regularly helps us feel more positive, deal with hard times, and appreciate the good things (big or small).

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Today I feel grateful for this: <b>Object</b>	Today I feel grateful for this: <b>Object</b>	Today I feel grateful for this: <b>Object</b>	Today I feel grateful for this: <b>Object</b>	Today I feel grateful for this: <b>Object</b>	Today I feel grateful for this: <b>Object</b>	Today I feel grateful for this: <b>Object</b>
<b>Person</b>	<b>Person</b>	<b>Person</b>	<b>Person</b>	<b>Person</b>	<b>Person</b>	<b>Person</b>
<b>Place</b>	<b>Place</b>	<b>Place</b>	<b>Place</b>	<b>Place</b>	<b>Place</b>	<b>Place</b>