



# THANKS!

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

**MONDAY**

Today I feel grateful for this:

**Object****Person****Place****TUESDAY**

Today I feel grateful for this:

**Object****Person****Place****WEDNESDAY**

Today I feel grateful for this:

**Object****Person****Place****THURSDAY**

Today I feel grateful for this:

**Object****Person****Place****FRIDAY**

Today I feel grateful for this:

**Object****Person****Place**