



# 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

