

# GRATITUDE

## **What is Gratitude?**

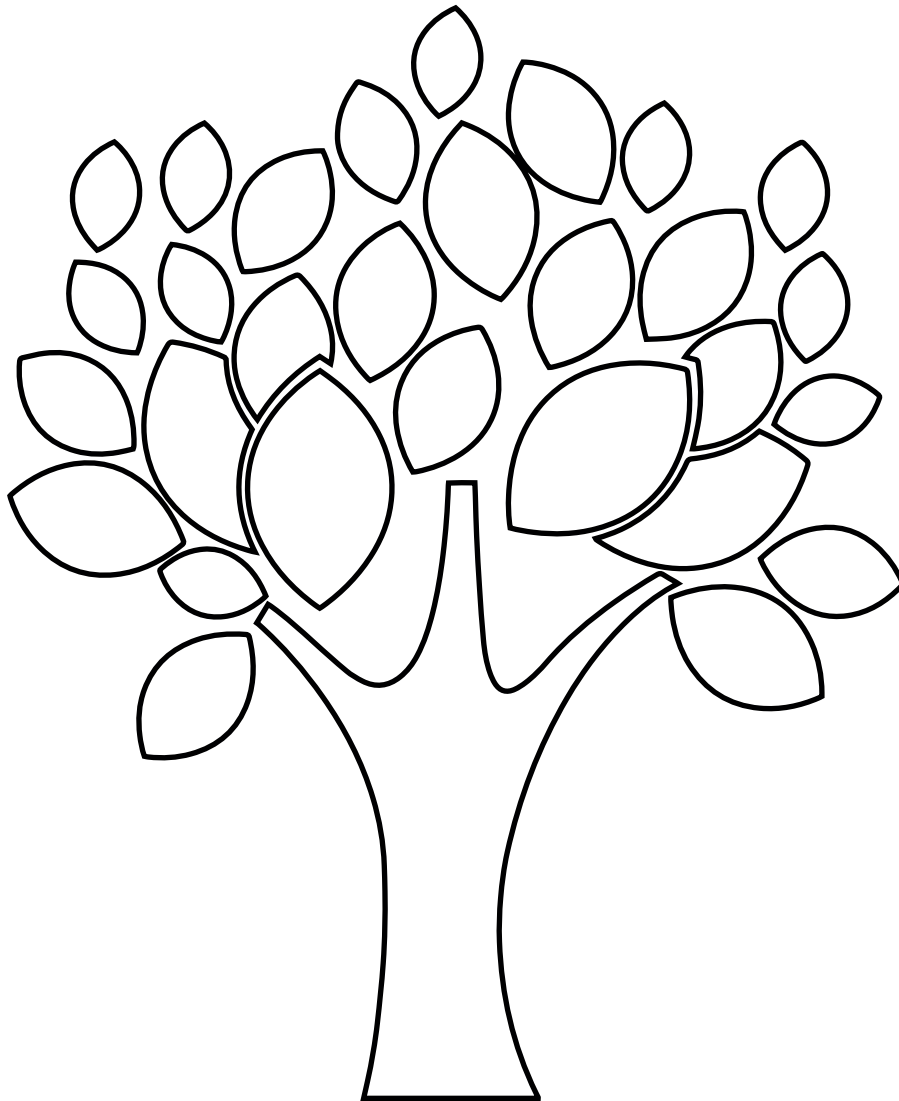
Gratitude means to recognize, acknowledge and feel appreciation.

## **Why focus on Gratitude?**

Being intentional about gratitude boosts our mood and levels of positive emotions, improves our health and increases our resilience.

## **What can you be grateful for?**

Friendships, nature, good memories, pets, food, shelter, transportation. Anything!  
Paying attention to even small things, especially during tough times, is an important way to get through challenges and become more resilient.



# GRATITUDE JOURNAL

## I'm thankful for...

Write down 5 things you are thankful for.

## Love yourself...

What are 3 things that you love about yourself.

## Sending love...

Write down 3 people you are thankful for.

## Tomorrow...

Write down 2 ways you are going to spread gratitude.

## Bonus Challenge:

Share the two ways you are going to spread gratitude with someone you trust.