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, Your house, 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.

CHALLENGE:
Carry out the two ways from the Gratitude Journal and share with someone you trust your experience.