

KINDNESS NEVER UNDERMINES YOUR STRENGTH.



#### Gratitude is a state of mind.

Name 2 people you are grateful for and why.

What is a risk you are grateful you took?

What is a compliment that you have gotten that means the most to you?

What is a meaningful quote that makes you feel good?





# The secret to having it all, is knowing you already do.

NAME 4 THINGS YOU ARE GRATEFUL FOR TODAY.



WHO IS A TEACHER YOU ARE GRATEFUL FOR AND THE IMPACT THEY MADE ON YOUR I	LIFE.
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## Grateful Game



BEING GRATEFUL INCLUDES BEING GRATEFUL FOR THE LITTLE THINGS.

A FOOD

A MOVIE

A 1005	7. 11.0 4.12			
A WEBSITE	A TECHNOLOGY			
What about nature are you grateful for?	5 Things That Always Cheer You Up			
	do in your life that add to ppiness?			





### HELPS YOU FALL IN LOVE WITH THE LIFE YOU ALREADY HAVE



There is always more than one way to look at something, which is something to be grateful for in itself! On the left, write down any stressors you may have right now. On the right, write down something you can do or change about that stressor.








DESCRIBE YOUR BEST DAY.
WHEN WAS A TIME YOU FELT THE MOST BEAUTIFUL?
WHAT MAKES YOU FEEL SPECIAL & AMAZING?



#### Gratitude helps you see what is there instead of what isn't.

Some experiences that we have in life can be very painful, however eventually we can gain some perspective and see something positive that has evolved from them. What is a painful experience you have had and something positive that has resulted from it?

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WHAT WAS THE BEST THING THAT HAPPENED TO YOU TODAY?

DESCRIBE A TIME YOU FELT PURE JOY?
WHAT CAN YOU DO FOR OTHERS TODAY, TOMORROW, AND THIS WEEK TO SHARE LOVE, KINDNESS AND GRATITUDE?
WHAT DO YOU DESIRE MOST IN LIFE?





Name 4 accomplishments you are proud of.



What do you appreciate about where you live? Don't just think about your home, but also about your neighborhood and town!



# When things change inside you, things change around you.

What are 2 small, everyday things that you are grateful for?





Name 3 things that have happened to you, positive or negative, that have strengthened your character.





# When you stop rushing through life, you will be amazed at how much more life you have time for.



#### WRITE ABOUT SOMETHING YOU HAVE SEEN OR EXPERIENCED RECENTLY THAT WARMED YOUR HEART.



What did you accomplish today?



# TRUST THE WAIT. EMBRACE THE UNCERTAINTY.



# enjoy the beauty of becoming.

Find a photo in your phone that you love. What about it sparks so much joy?

What is a passion of yours? How do you want to use your passion in the future?





## happiness blooms from within.



WH	AT V	VOULD	YOUR	PERFECT	MORNING START?	ROUTINE	BE?	HOW	CAN	YOU

THINK OF A RELATIONSHIP IN YOUR LIFE. HOW ARE YOU GRATEFUL FOR THEM? SHARE WITH THEM TODAY YOUR REASONS!



#### You are beautiful.

You are amazing! You have gone through hard times, accomplished so much, and loved so deeply. Sometimes it is easier to give others more grace than we give ourselves. But here is your chance! Tell yourself, why you are grateful for YOU!



### A grateful heart is a full heart

This is your page! Write a flowing list of everything, big and small, that you have to be grateful for! Add to your list people you meet, experiences you have, things you love and anything else that pops into your mind. Write daily or when the inspiration strikes. And reflect often!



