

# WHY GRATITUDE?

Quite simply, to make you

# PERSONAL GRATITUDE

Write down 3 things that I am grateful for

One thing I can do to express gratitude

One person I am grateful for is

One memory I am grateful for is

# GRATITUDE NOTES

1. Find yourself a journal or some blank pieces of paper.
2. Every morning, write down 3 things you are grateful for.

# SPREADING GRATITUDE

Write a note of appreciation to someone you know. It can be a friend, family member, or even a stranger. You can write it on a card, a note, or a letter. You can give it to them in person, or you can mail it to them. You can also write a note of appreciation to yourself. This is a great way to remind yourself of all the things you are grateful for.

