

## Activity Practising Gratitude

**Gratitude** turns what we have into enough, and more. It turns denial into acceptance, chaos into order, confusion into clarity... it makes sense of our past, brings peace for today, and creates a vision for tomorrow.

Today I am grateful for

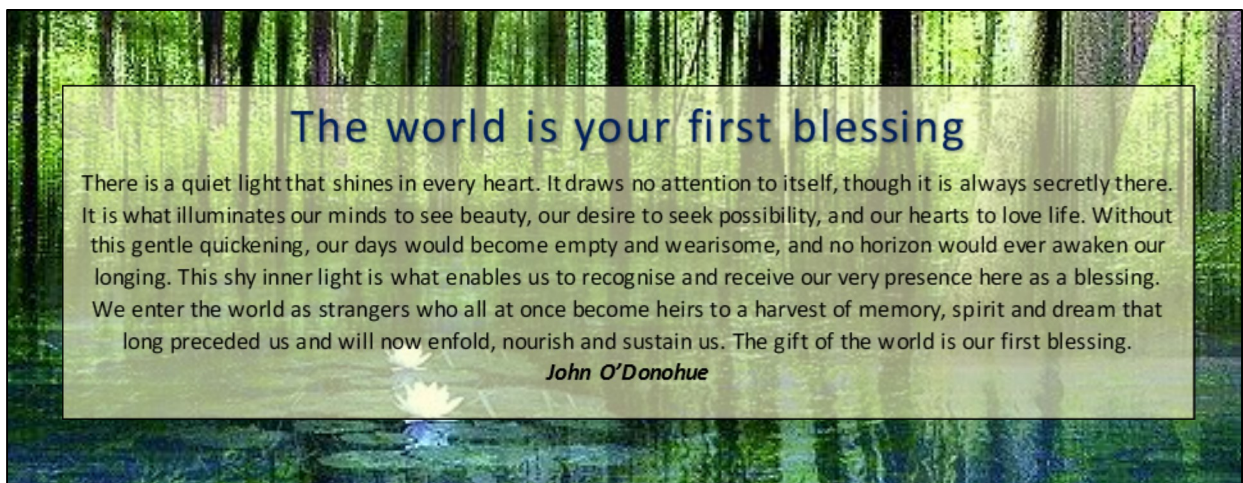
☞ .....

Today I am grateful to ( \_\_\_\_\_ ) for

☞ .....

Today I show my gratitude by...

☞ .....



If you have nothing to be grateful for... check your pulse!