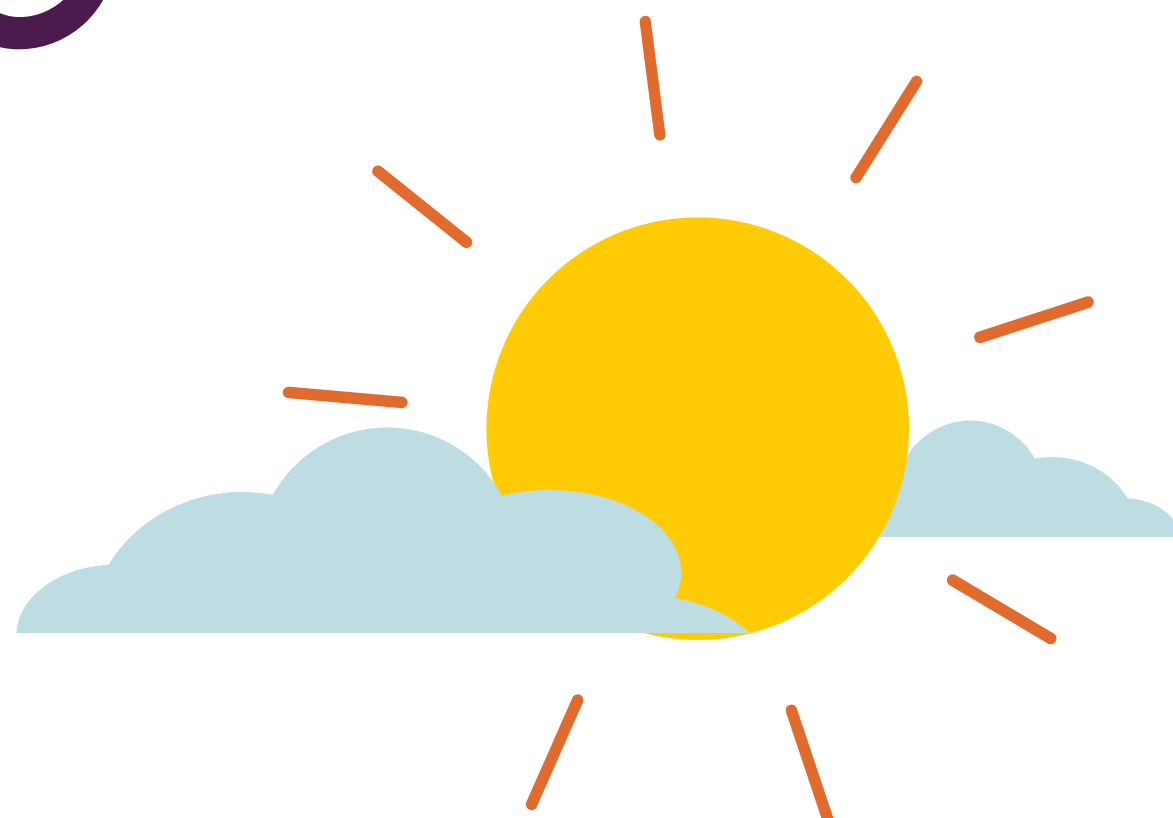


# I AM GRATEFUL FOR...



Think about the things and people you are thankful for. Try writing 3 down here or on sticky notes and put them on your wall. Try to add one each day.



Practicing being grateful for the good things in our life can help us get through the hard parts.