

## Gratitude List

Sometimes it can be helpful to think about all of the things that we are grateful for in life, no matter how big or small! We might be grateful to pat our dog, drink a tea, or have a nice conversation with someone. List all of those things that you are grateful for.

Date	Things I am grateful for...
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	
Other	