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# Today is all about GRATITUDE.

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Gratitude is about being thankful for all that you have. Take a moment to think about your good fortune, understand it and show appreciation for it. If you remember to focus on all that you have, rather than what you don't have, life will be happier.

**“This is a wonderful day. I’ve never seen this one before.” — Maya Angelou**

A place you're grateful for: .....

A food you're grateful for: .....

A person you're grateful for: .....

An object you're grateful for: .....

5 things you like about your sister/brother: .....

.....

Alphabet gratitude list:

A .....

N .....

B .....

O .....

C .....

P .....

D .....

Q .....

E .....

R .....

F .....

S .....

G .....

T .....

H .....

U .....

I .....

V .....

J .....

W .....

K .....

X (be creative!).....

L.....

Y .....

M.....

Z .....