

# Discover Gratitude

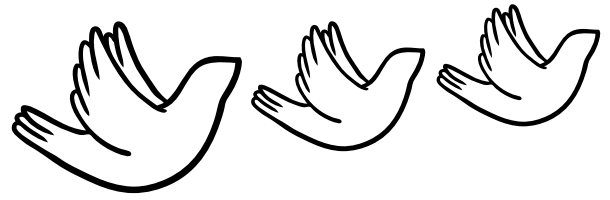


## **How to participate**

Each day:

- Journal about the big and small things in life for which you are thankful.
- Do something kind.
- Take time to be present in the moment.

# Today I am thankful for...



**Today's Date:** \_\_\_\_\_

**Today's Date:** \_\_\_\_\_

**Today's Date:** \_\_\_\_\_

**Today's Date:** \_\_\_\_\_

**Today's Date:** \_\_\_\_\_

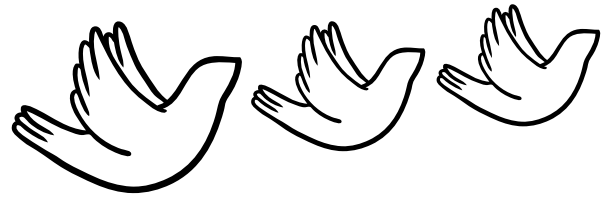
**Today's Date:** \_\_\_\_\_

**Today's Date:** \_\_\_\_\_

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# Today I am thankful for...



**Today's Date:** \_\_\_\_\_

**Today's Date:** \_\_\_\_\_

**Today's Date:** \_\_\_\_\_

**Today's Date:** \_\_\_\_\_

**Today's Date:** \_\_\_\_\_

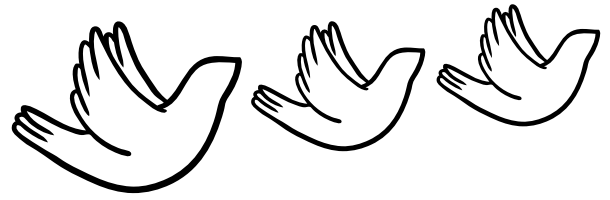
**Today's Date:** \_\_\_\_\_

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# Today I am thankful for...



**Today's Date:** \_\_\_\_\_

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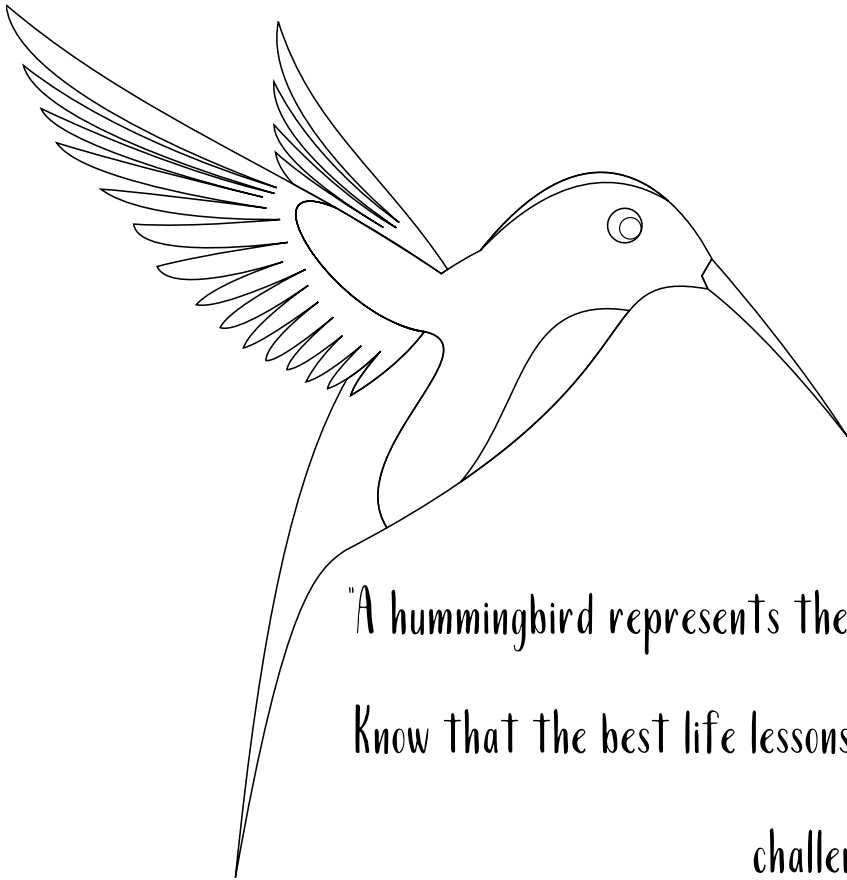
# Today I am thankful for...



Today's Date: \_\_\_\_\_

Today's Date: \_\_\_\_\_

Today's Date: \_\_\_\_\_



"A hummingbird represents the ability to seek good in all situations.  
Know that the best life lessons are often revealed during the most  
challenging times."

- Hollis Hayes