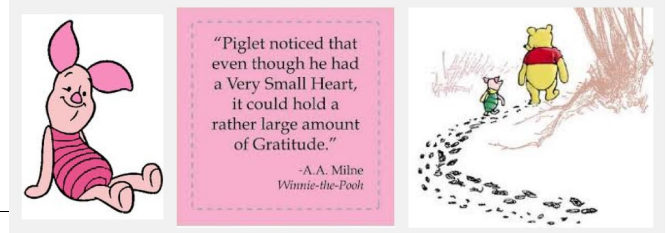


*gratitude,
changes everything*

Gratitude June 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Improve your mood with gratitude. Each day identify & write down at least one of the following:	1 Something good that happened recently	2 A gift you received	3 Something that brings you hope	4 A friend	5 Someone you love	6 A happy memory
7 Something that brings you comfort	8 A talent or hobby	9 A lesson you learned	10 A basic need	11 Your favorite clothing	12 Your favorite smell	13 Something positive about your health
14 Something that makes you laugh	15 A pleasant memory of a trip	16 A talent you have	17 Something that brings you hope	18 A modern convenience	19 A game you enjoy	20 A new friend or acquaintance
21 Something about your personality	22 Something in nature	23 Your favorite way to connect	24 Favorite tradition or holiday	25 Your favorite Song	26 Favorite season or weather	27 Favorite technology
28 A teacher or mentor	29 An Item you use everyday	30 A simple pleasure				



Gratitude July 2020



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<p>Improve your mood with gratitude. Each day identify & write down at least one of the following:</p>	<p>1 <i>Favorite Food</i></p>	<p>2 <i>A new friend or acquaintance</i></p>	<p>3 <i>Something positive about your health</i></p>	<p>4 <i>A modern convenience</i></p>
<p>5 <i>A teacher or mentor</i></p>	<p>6 <i>Your favorite way to connect</i></p>	<p>7 <i>A simple pleasure</i></p>	<p>8 <i>Somewhere you have traveled</i></p>	<p>9 <i>Something positive that happened today</i></p>	<p>10 <i>A lesson you learned</i></p>	<p>11 <i>A game you enjoy</i></p>
<p>12 <i>An item you use everyday</i></p>	<p>13 <i>Something that brings you comfort</i></p>	<p>14 <i>Something in nature</i></p>	<p>15 <i>Your favorite game</i></p>	<p>16 <i>Your favorite smell</i></p>	<p>17 <i>Someone you love</i></p>	<p>18 <i>A basic need</i></p>
<p>19 <i>A gift you received</i></p>	<p>20 <i>Favorite technology</i></p>	<p>21 <i>A talent or hobby</i></p>	<p>22 <i>Something about your personality</i></p>	<p>23 <i>Something that brings you hope</i></p>	<p>24 <i>A talent you have</i></p>	<p>25 <i>Something that makes you laugh</i></p>
<p>26 <i>Someone that loves you</i></p>	<p>27 <i>Favorite season or weather</i></p>	<p>28 <i>Favorite tradition or holiday</i></p>	<p>29 <i>Your favorite article of clothing</i></p>	<p>30 <i>A happy memory</i></p>	<p>31 <i>A favorite song</i></p>	