I am GRATEFUL for...

The **5 POSITIVE THINGS** in my life:
1. ___________________________
2. ___________________________
3. ___________________________
4. ___________________________
5. ___________________________

The **4 PEOPLE WHO CARE** about me:
1. ___________________________
2. ___________________________
3. ___________________________
4. ___________________________

The **3 THINGS** I’m good at:
1. ___________________________
2. ___________________________
3. ___________________________

My **2 FAVORITE THINGS** to do:
1. ___________________________
2. ___________________________

The **1 THING** I am looking forward to: