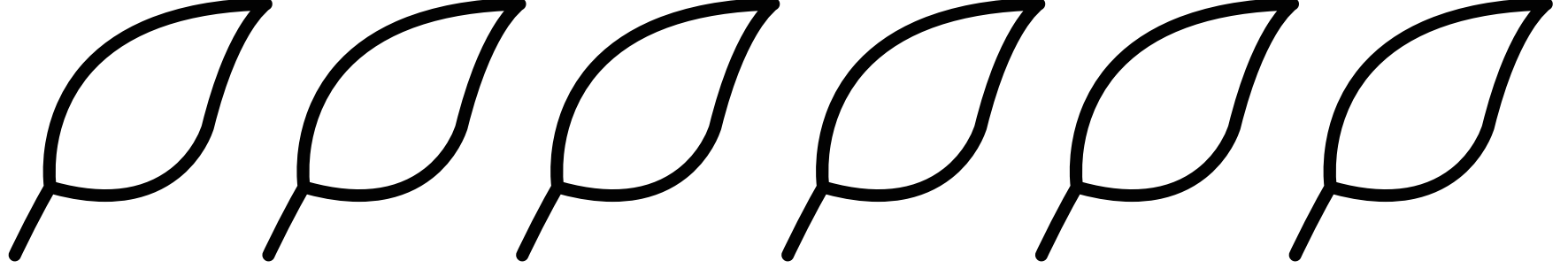
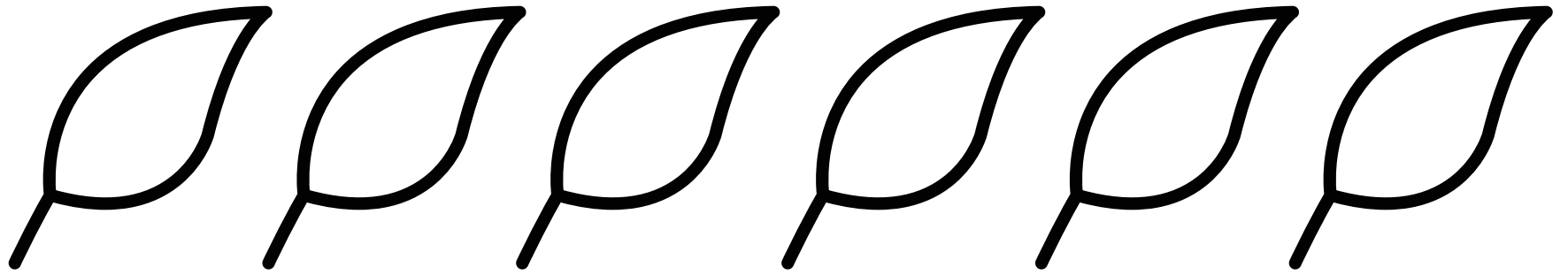


Grateful



Instructions to make your gratitude tree

Think about the various areas of your life. Think about your past, your present, and even your future. Consider the following: What are you grateful in each of these realms? What brings you joy? Fulfillment? Contentment?

Be specific in considering each area of your life. Also think if there are things you are grateful for that don't fall into any of these categories. It is all good.

Next write your graitudes on the leaves, cut them out, and glue them onto your gratitude tree. You may color them, or not, as you wish. However, if you do color your leaves and tree, you should do so before cutting and glueing. It just works better that way.

