

MY GRATITUDE WALK

Practicing gratitude can help increase feelings of happiness, and reduce negative emotions.

A gratitude walk is a great way to spend 10-15 minutes each day thinking about things we are grateful for to improve our mood. Take slow, deep breaths as you are walking and focus on the following things.

I am grateful for these two things I can see:

1
2

I am grateful for these two things I can hear:

1
2

I am grateful for these two things I can feel:

1
2

I'm grateful for these two green or blue things:

1
2

I'm grateful for these two animals/birds:

1
2

I am grateful for these two things I can smell:

1
2

I'm grateful for these two things in my home:

1
2

I am grateful for these two people in my life:

1
2

I am grateful for these other things in my life...

1
2

How can I share these feelings of gratitude with others?

1
2

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