



Each day find a moment to be grateful, perhaps being guided by the points below. Notice the difference in yourself.

month _____ year _____

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
The best listener	An opportunity	Your favourite book	A friend	Your favourite place	Something that makes you laugh	A piece of advice you were given
A personality trait you have	Your body	Future opportunity	Where you live	Teacher who helped you	Your biggest achievement	A parent or carer
A sibling	A gift you received	Your favourite smell	A good memory	A hobby you enjoy	A compliment you received	Technology you use frequently
A hobby you enjoy	A song you love	An item you couldn't live without	Someone who makes you happy	A place in nature	Your favourite food	Where you live
Somewhere you feel safe						

'Today I am grateful for...'

YOU'VE GOT THIS!

#BeeGrateful