

DAY 15

DAY 16

DAY 17

DAY 18

DAY 19

DAY 20

DAY 21

LET'S PRACTICE GRATITUDE



One way to lean into the Strength of Spirituality is to **practice gratitude, also called thankfulness**. Thankfulness can train our brains to see the positive things going on around us. Making thankfulness a common practice now can help us continue to look for the good throughout life's ups and downs.

So, why not give it a try? For the next 21 days, take a moment to reflect by **writing or drawing something you're thankful for in the daily spaces provided**. Whether it's something everyone can relate to, like friendship, or a small joy, like a sunny day, let's celebrate both the big and little moments. Challenge yourself to find a **new or different reason to be thankful each day** and watch your gratitude grow!

DAY 1

DAY 2

DAY 3

DAY 4

DAY 5

DAY 6

DAY 7

DAY 8

DAY 9

DAY 10

DAY 11

DAY 12

DAY 13

DAY 14