



I AM GRATEFUL FOR...

Expressing gratitude is something we can practise every day to boost our wellbeing. Gratitude has a powerful effect on our brain and body, helping us feel more positive emotions, improve our health and build strong relationships. Fill in the blanks below to help lift your MindUP! What else are you grateful for?

A **STRENGTH** of mine for which I am grateful is

Something **MONEY CAN'T BUY** that I'm grateful for is

Something that **COMFORTS ME** that I'm grateful for is

Something that's **FUNNY** for which I'm grateful for is

Something in **NATURE** that I'm grateful for is

A MEMORY I'm grateful for is

Something that **BRINGS ME JOY** that I'm grateful for is

A CHALLENGE I'm grateful for is

Something **INTERESTING** that I'm grateful for is

Something **BEAUTIFUL** I'm grateful for is