










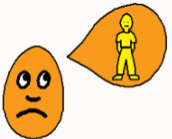





Gratitude Cards:

Reflections to give thanks and appreciation

These gratitude cards are intended to help start a conversation of reflection. Give thanks and appreciation at mealtime, during family gatherings, or anytime in the day or week. Statements of gratitude are a way to connect with one another. Pausing to appreciate the people, places, things, and moments of our lives is a way to honor the beauty all around us.

 <p>Something wonderful I smelled today was...</p>	 <p>Something kind I did today was...</p>	 <p>Someone special to me is...</p>	 <p>Something that makes me feel joy is...</p>	 <p>My favorite game I played today was...</p>
 <p>Something beautiful I saw today was...</p>	 <p>Something I love is...</p>	 <p>Something I feel grateful for is...</p>	 <p>Something important that I will protect and fight for is...</p>	 <p>Something that made me wonder...</p>
 <p>Something kind someone did for me today was...</p>	 <p>Something my heart misses right now is...</p>	 <p>Something that made me feel loved today was...</p>	 <p>Something cozy I felt today was...</p>	 <p>Something lovely I heard today was...</p>



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