

## PRACTICING GRATITUDE

Take a few minutes to write three things you're thankful for and then share it with your table.

1

2

3

How does focusing on things you're thankful for help improve your mindset, mood and perspective?

## GRATITUDE CHALLENGE

For the next week, write down three things you're thankful for each day.

DAY 1	DAY 2	DAY 3	DAY 4
DAY 5	DAY 6	DAY 7	