

The Gratitude Project

True Bridge would like each caregiver and their client to write down 3 things they are grateful for each day. Let's stay connected, seek the beauty in this time of change, and spread happiness and hope together!

Take 5 minutes each day and write down, record, or draw 3 things for which you are grateful. Anything that brings you joy or that you can offer to others during this time.



Inspiring Ideas:

- Think about something small or big
- Connect to your spirituality

- Choose to see the blessings all around you
 - Examples: the fresh air coming through the window, an apple pie baking in the oven, a sunny day, a good cup of coffee, a warm gesture, a smile
- Use all your senses to capture your feelings
 - Examples: A song that makes you dance, the colors of the flowers, the memory of your mother, your favorite savory taste, the smell of the rain after a storm, and the touch of your caregivers' hand when they say "I'm here with you my friend."
- Seek the beauty in this time of change
- Find something you can control
- Identify ways you can help others
- Reminisce and reflect
- Notice the good in the world
- Stay positive and hopeful

Let's facilitate a culture of hope, support, and encouragement.

Gratitude Day 1

Date: _____

Name of Client: _____

Name of Caregiver: _____

1. _____

2. _____

3. _____

Gratitude Day 2

Date: _____

Name of Client: _____

Name of Caregiver: _____

1. _____

2. _____

3. _____

Gratitude Day 3

Date: _____

Name of Client: _____

Name of Caregiver: _____

1. _____

2. _____

3. _____

Gratitude Day 4

Date: _____

Name of Client: _____

Name of Caregiver: _____

1. _____

2. _____

3. _____

Gratitude Day 5

Date: _____

Name of Client: _____

Name of Caregiver: _____

1. _____

2. _____

3. _____

Gratitude Day 6

Date: _____

Name of Client: _____

Name of Caregiver: _____

1. _____

2. _____

3. _____