



Gratitude Moment

Being grateful makes you more patient when life is difficult.

Think of something that you are grateful for.

Hold this in your mind for a moment.

You may choose to write the details of your gratitude moment in a journal or share with someone.

Keep In Mind

- This is a great way to end the day.
- Try to practice this regularly.
- Be grateful for small things (flowers, smiles, chocolate) and grand things (friends, clean water, music).



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