

Gratitude: *Gratitude is a positive emotion that comes from recognizing an unexpected act from another individual, the presence of nature, or higher power.*

Benefits of:

- * *Improves friendships*
- * *Allow for positivity and optimism*
- * *Reduces materialism*
- * *Improves self-esteem*

Gratitude
is not only
the greatest of virtues,
but the parent of all the others.
- Cicero

My Gratitude Flower:
Write something you are
thankful for on every petal.



My Letter of Gratitude

Dear _____,

I just wanted to take the time to thank you for

This made me feel

This has changed my life by

Sincerely,