

4 A's of Gratitude

Practice Gratitude with the "4 A's of Gratitude" and the ideas below.

Awareness: Take time to notice what you are grateful for.



Idea: Free write or draw in a journal to think about what you are grateful for.

Acknowledgement: Take time to recognize what matters and acknowledge it.



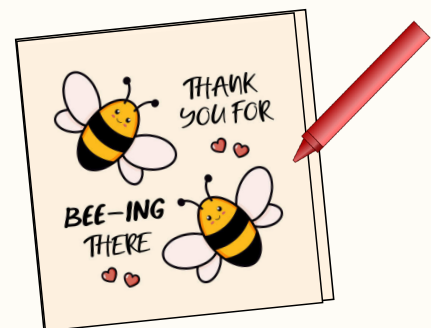
Idea: Place a rock in your pocket and throughout the day think about what you are grateful for in that moment.

Appreciation: Take time to understand why you are grateful for the things you are grateful for.



Idea: Does something bring you joy or does someone make you feel cared for? Write a gratitude letter to share with someone why you are grateful for them.

Action: Put your gratitude into action.



Idea: Say thank you to someone who helped you, or draw them a picture.