



*Today I am thankful for -*

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*Need a prompt? Who are you thankful to and for? What are you thankful for? Think of people, pets, nature, places close to your heart, things – yes, it's absolutely proper to be thankful for things. What makes your heart sing?*

*In hard times it can be difficult to think of things to be thankful for. I find that those times are the ones that I have to practice gratitude, even when it's hard. Look for something – even something very small – and be thankful!*