

31 DAYS OF GRATITUDE THIS MAY

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1. Something that helped me today



2. Someone who listened to me



3. A place where I feel calm



4. Something I use every day



5. Something I am getting better at



6. A happy memory



7. Something kind someone said to me



8. A way I helped someone



9. Something I do every day that helps me



10. A sound I like



11. Something that made me laugh



12. Something hard I did well



13. Good advice I remember



14. Something nice I saw outside



15. Someone I can be myself with



16. Something I am proud of



17. Something that makes me feel better



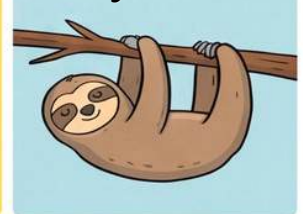
18. A good choice I made



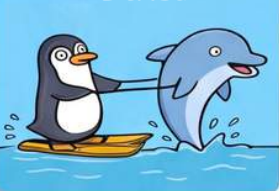
19. Something that makes me feel hopeful



20. My favourite way to rest



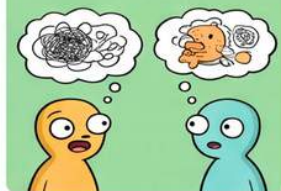
21. Something new I tried



22. A smell I like



23. A time I felt understood



24. Something that helps me feel safe



25. Something simple I enjoyed



26. Something I learned about myself



27. Something my body helped me do



28. Something I am excited for



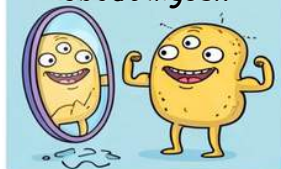
29. A time I waited patiently



30. Something I like about my life



31. Something I like about myself



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