

My Today's' Gratitude Flower



Something
that made me
smile

Something
I enjoyed

A moment
I felt happy or
proud of

Something
that was
good about
today

Something
I learned or
discovered



See Our Websites for More **Free** Resources

1 www.socialworkerstoolbox.com

www.SocialWorkersToolbox.com

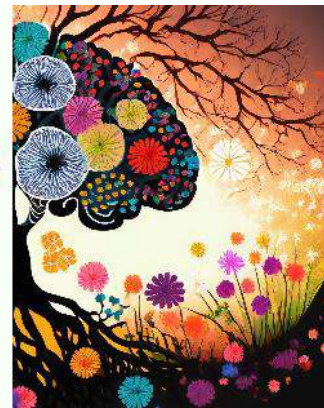
Free social work resources for direct work



2 www.anxietyhelpbox.com



www.AnxietyHelpBox.com
Free Anxiety Tools & Resources



3 www.feelingshelpbox.com

[www.FeelingsHelpBox.com](http://www FeelingsHelpBox.com)

Free Emotions & Feelings Resources



©Edita Stiborova (2025) This document can be used at no charge by individuals and not-for-profit organisations for their work with families and/or training as well as uploaded to other websites providing that no changes are made to its content.