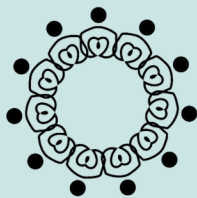
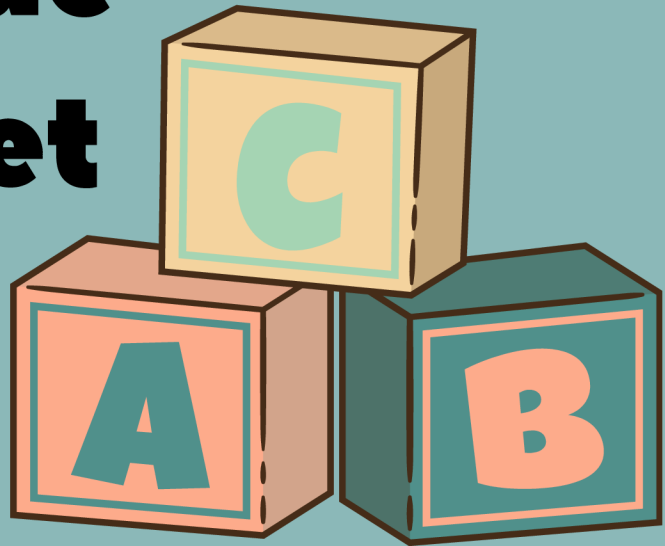


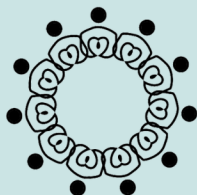
Gratitude Alphabet



Gratitude Alphabet

What You'll Need!

- **Paper or a notebook**
- **Printable Gratitude Alphabet Sheet (optional)**
- **A pen or pencil**



Gratitude Alphabet

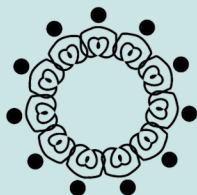
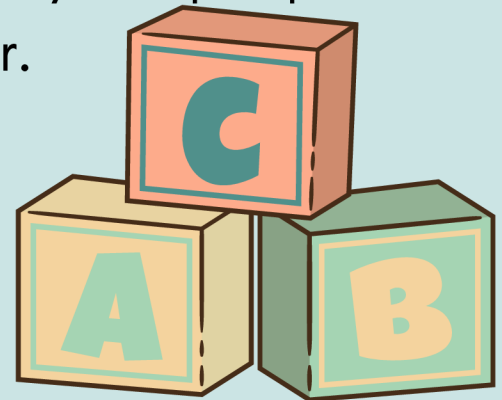
Gratitude can shift your mood and help you focus on the good. Let's fill the alphabet with things you appreciate!

How to Play

Step 1: Write a word for each letter of the alphabet that represents something you're grateful for. (Example: A - Apples, B - Best friend, C - Cozy blankets.)

Step 2: If you get stuck, skip a letter and come back to it later. Option to pick a category like people, places or foods you're grateful for.

Try this before bed as a way to reflect on the positives in your day.



Gratitude Alphabet Sheet

A _____

N _____

B _____

O _____

C _____

P _____

D _____

Q _____

E _____

R _____

F _____

S _____

G _____

T _____

H _____

U _____

I _____

V _____

J _____

W _____

K _____

X _____

L _____

Y _____

M _____

Z _____



Share the Magic!

Seeing the creativity, connection and joy that comes from these activities truly lights me up!

You're invited to share a photo, a little note about your experience, or tag me on social media. I'd be so grateful to celebrate this moment with you.

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 [@emillartherapy](https://www.instagram.com/emillartherapy)

 **MOOD Kits by Emily Millar**

 emily-millar.com

Can't wait to see what you create!

