

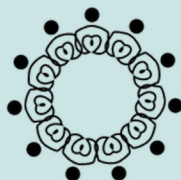
**I am
Thankful**



I am Thankful

What You'll Need!

- **A journal or notebook**
- **Pencils, markers, or crayons**
- **A quiet space**
- **An open heart**



I am Thankful

Gratitude helps us focus on the good in our lives. Let's create a special space to write or draw the things that make us feel thankful.

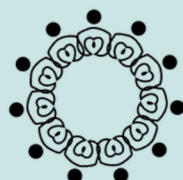
Start Your Gratitude Practice

Step 1: Set up a gratitude section in your journal or notebook.

Step 2: Write or draw things you're grateful for - big or small. Maybe it's spending time with family, playing a favorite game, or cuddling with a pet.

Step 3: Look back at your list in the morning or before bed as a reminder of the good in your life.

Gratitude grows the more we notice it - what are you thankful for today?



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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 **MOOD Kits by Emily Millar**

 emily-millar.com

Can't wait to see what you create!

