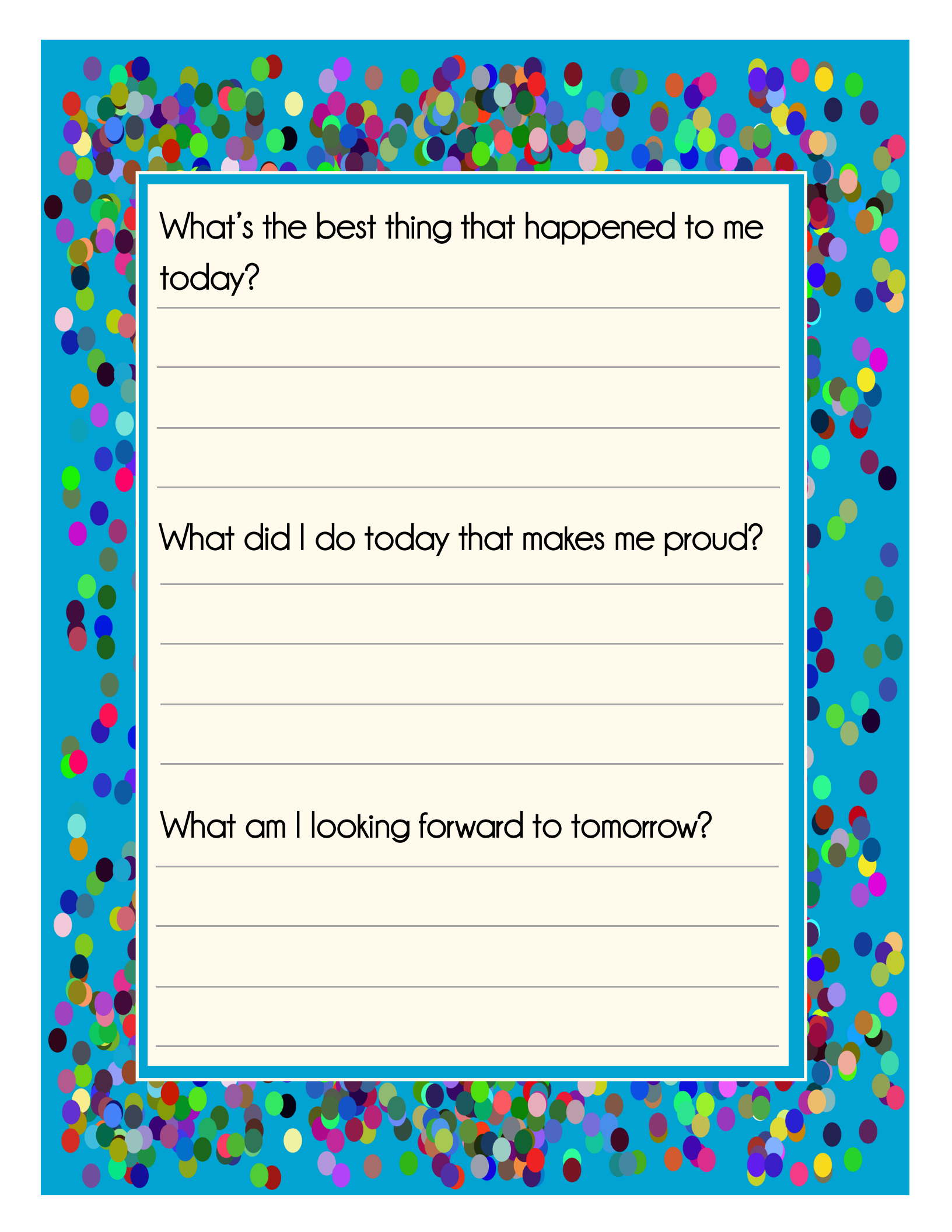


WHAT I'M GRATEFUL FOR TODAY:





What's the best thing that happened to me today?

What did I do today that makes me proud?

What am I looking forward to tomorrow?

Moments of joy can make you happy.

What are those moments of joy?

Write one on each of the cards.

At those times when you aren't feeling so happy, reading one of these cards may help.



My joyful moment



My joyful moment



My joyful moment



My joyful moment