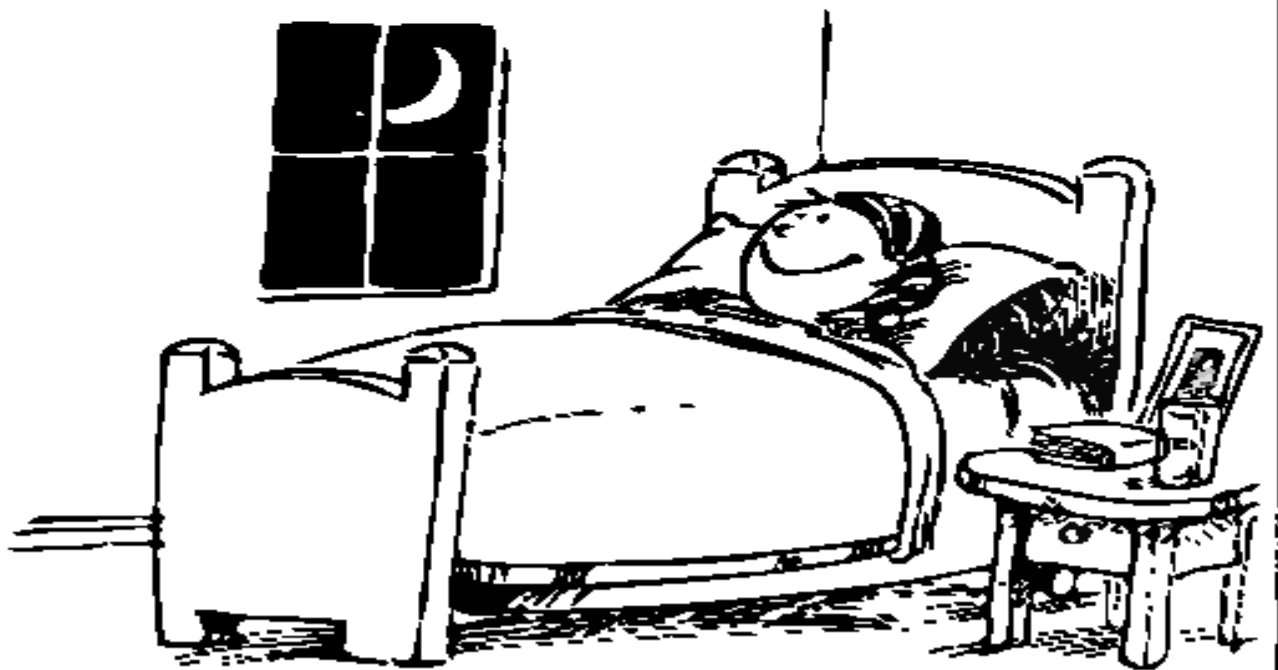


THINGS I AM THANKFUL FOR

EXAMPLES : That I have friends ; That I have a nice teacher ; That I am strong and healthy ; That I don't have to go hungry ; That I have a nice bed to sleep in ; That I have a bike.



There will be lots of things that you can be thankful about... this is the time to think about them. There are some examples above to get you started. The good thing about remembering about all the things you can be thankful for is how feeling gratitude makes us feel good...and when we feel good, things seem to go better and we have a good day. When you have finished this page you will surely feel good inside, that will be the feeling of gratitude. In the future, in times of troubles or challenges, if you remember how writing a list of things that you can be thankful about is a quick way for helping you to feel good, then at those times you can be your own best friend in this way. This is something to do every birthday to build up a growing list to keep. I am one of many Seeds for Kids & Teens Self Esteem ...print more at: www.goodwillpeople.net