

THINGS IN MY LIFE I AM GLAD ABOUT

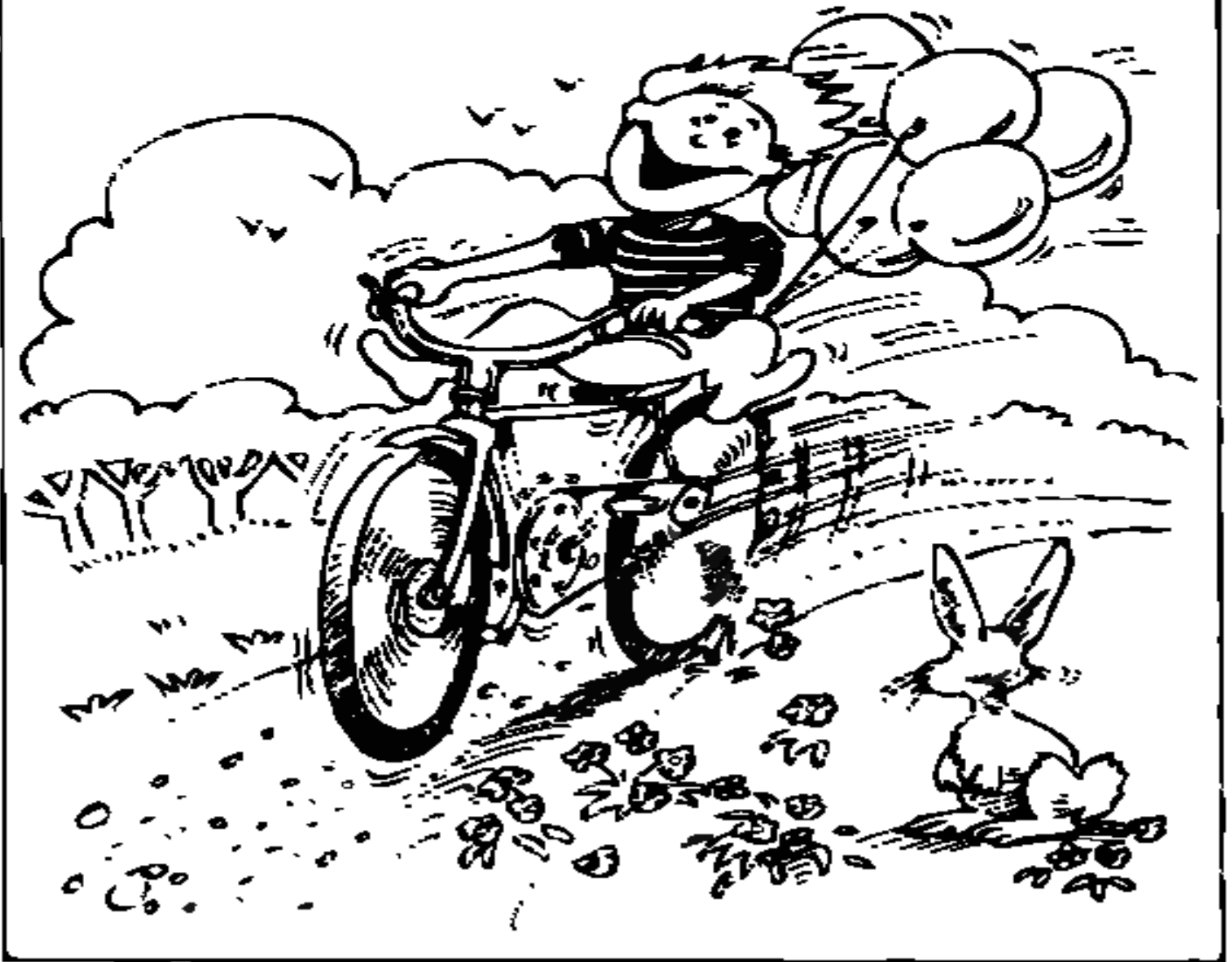
1. _____

2. _____

3. _____

4. _____

5. _____



There are lots of things that you can feel glad about... this is the time to think about them. Think of five things that you feel Glad about. The good thing about remembering about all the things you feel glad about 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 feel glad 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. Do this every birthday to build up a growing list to think about when you want to feel good.

I am one of many Seeds for Kids & Teens Self Esteem ...print more at; www.goodwillpeople.net