

CHANGE YOUR PERSPECTIVE
WITH

Gratitude

JOURNAL

Write 3 Things You're
Grateful for Each Day

Keep it Simple
a hot shower, a kind
smile, a good meal

THANK YOU

Say Thank You Often
Be Specific.

Thank you for
remembering my
birthday.

WALK

Take a Walk.
Enjoy the Outdoors

Appreciate the fresh
air, sunlight flowers.



Always be joyful. Never stop praying. Be thankful in all circumstances, for
this is God's will for you who belong to Christ Jesus.

1 Thessalonians 5:16-17 NLT