CHANGE YOUR PERSPECTIVE WITH

Pratitude

JOURNAL

Write 3 Things You're Grateful for Each Day

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

THANK YOU

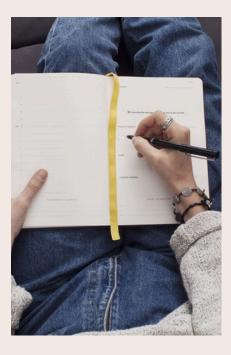
Say Thank You Often Be Specific.

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.

I Thessalonians 5:16-17 NLT