

Week 5: The Power of APPRECIATION

Start Date: _____

There's always a someone who has something more:
more family, more money more gifts from the store.
And yet there are always the someones with less.
So love what you have because, as you can guess
that some things can always be thrown out the door.
You may feel you have less, but to some you have more.

This week write down some things you truly appreciate and / or are thankful for.

Today I appreciate that _____

Today I appreciate that _____

Today I appreciate that _____

Today I appreciate that _____

Today I appreciate that _____

Reflections, Thoughts, & Doodles: