

Healthy = LIVING =



Gratitude is the feeling of being thankful towards somebody or something.

You can have gratitude for just about anything. For example:-

Thankful that the sun is shining,

Thankful for the scent of flowers you smelt earlier,

Thankful for the time you had playing with your sister.

How to practice Gratitude

Set a time in your day when you want to practice your gratitude.

It can be the first thing you do when you wake up,

Or last thing you do before bedtime.

Think about how you want to record your gratitude

You could write it down in a book, think about it, say it out loud. It's completely up to you.

Making gratitude daily

Your gratitude shouldn't take a long time to do. Remembering to do it everyday will turn it into a healthy living habit.