

# Life and Wellbeing

AC February 2022

## Gratitudes

These are to help us tune in to what we have to be grateful for in life.  
Helping us focus on joys we have in front of us and cultivate healthy habits.

Today I am grateful for....

...people...

...events...

...items...

Little things that bring me joy are...

- 1.
- 2.

3.