



April 2024

**Gratitude fills our days,
In so many wonderful ways.
For each blessing, big and small,
We give thanks, one and all.**

GRATITUDE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 I appreciate the small joys in life.	2 I am thankful for the kindness of others.	3 I count my blessings each day.	4 I cherish the love and support of my family.	5 I value the lessons learned from both good and bad experiences.	6 I am grateful for the food that nourishes my body.
7 I am thankful for the chance to learn.	8 I treasure the memories created with loved ones.	9 I appreciate the comfort and warmth of a safe home.	10 I value the freedom and opportunities available to me.	11 I am thankful for the smiles and laughter that brighten my days.	12 I matter.	13 I am grateful for the support and love of my friends.
14 I am grateful for the guidance and support I receive from my friends.	15 I am thankful for my siblings.	16 I am grateful for the inner peace in my day.	17 I value the lessons learned from the challenges that shape my character.	18 I am thankful for the opportunities to explore and discover new things.	19 I am grateful for the opportunities to experience new cultures and traditions.	20 I am thankful my friendships.
21 I am thankful for the talents and abilities that make me unique.	22 I value the kindness and generosity of strangers I encounter.	23 I value the moments of reflection.	24 I am thankful my supportive parents.	25 I am thankful for my furry friends.	26 I appreciate the moments of rest and relaxation that rejuvenate me.	27 I value the lessons learned from difficult times that make me stronger.
28 I am grateful for the guidance and support I receive from my family.	29 I am thankful for the beauty and diversity of the world we live in.	30 I am grateful for the time and effort put in by others to help me.				

Gratitude is about feeling thankful and grateful for the good things in our lives. It's like having a positive outlook and being appreciative of what we have. When we practice gratitude, we take the time to recognize and be thankful for the people, experiences, and things that make our lives better. We might feel grateful for our friends and family, our home, our health, or even for simple things like a sunny day. By practicing gratitude, we can also become more aware of the good things around us and learn to appreciate them even more.