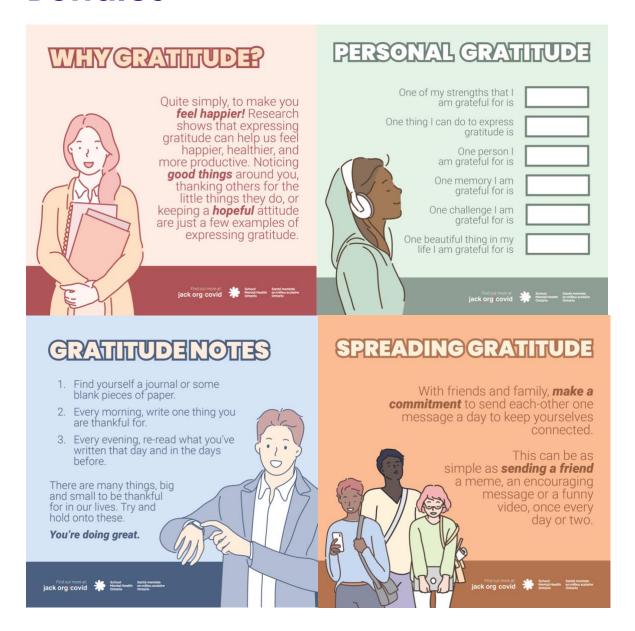
Gratitude Exercises Social Media Bundles



GRATITUDE REMINDERS

It's important to remind ourselves to be grateful for the good things in our lives and the good things we bring into the lives of those around us. If you're feeling down and in need of a little boost, look at the list below to see if anything jumps out at you! Try it out – say it out loud. Say it a few more times. Think about how it makes

- you feel stronger. You got this.
- I am capableI am valuable
- · I am enough
- · I am a good person
- I deserve love
- · I deserve compassion
- I deserve patience
 I am doing the best I can



