



GRATITUDE: Gratitude is the virtue of rejoicing in what "IS." It is a thankful disposition of mind and heart.

HOW TO HAVE GRATITUDE:

- Smile at your Mom when she makes your snack
- Appreciate your friends and family
- Say prayers of thanksgiving to God
- Notice the kindness of others
- Be thankful for the things you have, not sad about the things you don't have.
- Always say "Thank You" !-