

Smart Moves for Resilience

Gratitude

Complete the sentence "Gratitude is....."

.....

(Search a variety of sources online for definitions.

What is Gratitude a good antidote for ?

Who are you grateful for?

What around you are you grateful for?

What did you do this week that you enjoyed?

What do you feel lucky to have that some others do not?

.....

Tap into your senses:

What do you love to eat?

What do you love to watch?

What do you love to smell?

What do you love to hear?

What makes you feel good?

When did you smile or laugh this week?

.....

How are you feeling now?

Gratitude = Resilience