

Gratitude
changes
every
thing



AUTUMN GRATITUDE

www.goldenruleismcan.org

I AM THANKFUL FOR



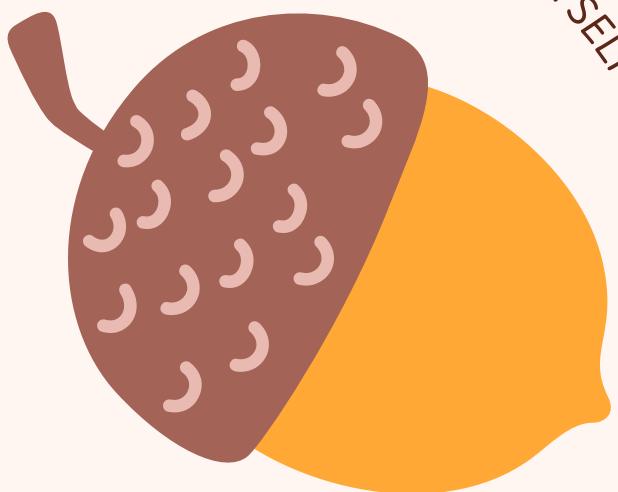
SOMETHING THAT
MAKES ME LAUGH



A KINDNESS THAT HAPPENED



ONE THING I LOVE ABOUT MYSELF



MY GRATITUDE JAR



THINK ABOUT ALL THE PEOPLE, PLACES, AND THINGS YOU ARE GRATEFUL FOR. WRITE OR DRAW WHAT YOU ARE GRATEFUL FOR AND PUT THE PAPER INSIDE A GRATITUDE JAR. READ THE PAPERS EVERY MONTH TO CULTIVATE GRATITUDE.