Ten Little Piggies

There is always something to be grateful for in your life; no matter how big or small. Whether it's your loved ones, a good cup of coffee, having a roof over your head, or seeing the sun peek through the clouds- knowing what blessings you have in your life can be a go to shift your mindset to happiness. Whenever you feel low, seeing this image and connecting with your gratitude can help to lift you back up.

For each of the ten fingers, write something on them that you are grateful for. Keep the image somewhere you can see it whenever you need a loving kick up the bum.

