



Gratitude & Joy

(Part of **Building Beauty** - WiseArtyAnswers developing self-awareness & esteem options)

Learn to reconnect with the joyful aspects of life. Whenever you take a wander, be observant, in your home and outside your home, or down the street near you, whenever you are out and about...there is always something to be grateful for. Always something that reflects joy.

Joy is found in the small and simple things that are a part of day-to-day living. Capture them on camera and create a Gratitude and Joy Album to ponder on at times when you need a lift. You could even print them into a booklet and journal the story that goes with each picture.

Available as a group project, run by WiseArtAnswers to aid in the development of self-esteem, self-awareness and thankfulness.

