



Harvesting Gratitude

A fun exercise for cultivating
thankful connections!

What's something that
always makes you laugh?

Describe yourself
in 5 words.

Describe one of your
favorite memories
this year.

Pause for a moment and
think of 3 things you are
grateful for in this moment.

Something you
love about yourself?

Take a deep breath
and feel grateful to be who
you are, right where you are.