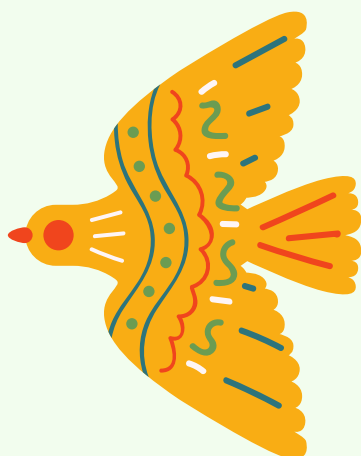
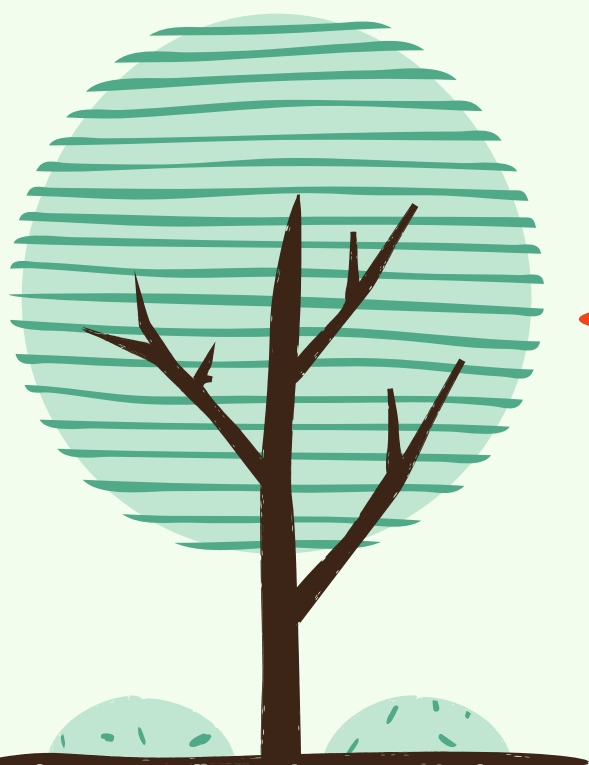
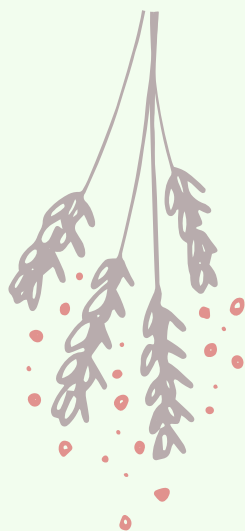


Gratitude Journaling

Handout 1



Patterns - 1



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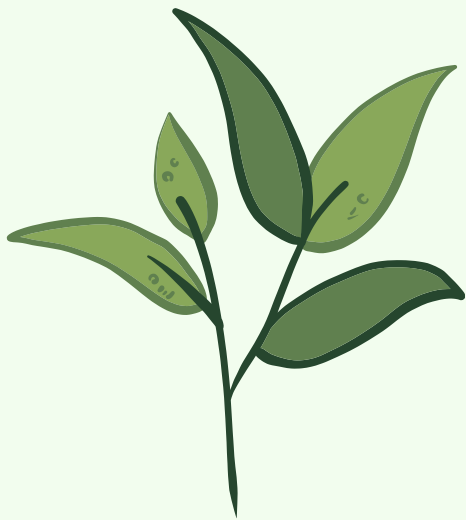


Gratitude Journaling

Handout 2



Patterns - 2



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Gratitude Journaling

Handout 3

WORD PLAY

NAME:

DATE:

APPRECIATE

JOY

RESPECT

SERENE

KIND

PLEASANT

COMPLIMENT

GRACE

BEAUTY

WONDER

HARMONY

NOBLE

GENEROUS

RISE

THRIVE

JOURNEY

GOODNESS

PEACE



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