



## REFLECTIONS FOR THE RESCUE

### CHAPTER 26: PRACTICE AN ATTITUDE OF GRATITUDE ACTION PLAN

#### RESPOND:

- Spend time today noting what's right in your life. As a part of your reflection, thank God for what's right in your life. Practice gratitude.

#### REFLECT:

Does celebration come naturally to you? Why or why not?

When do you take time to celebrate? Do you only celebrate milestones like birthdays, anniversaries, and special occasions, or do you celebrate the everyday?

What could celebrating your everyday look like?