

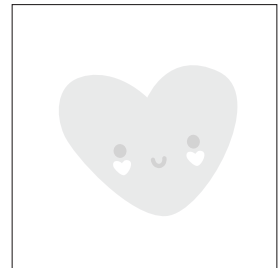
THANKFUL

Being **thankful** is a beautiful way to **be kind to yourself**.
When we are grateful for the good things in our lives, our hearts
get filled with kindness. Write down three things you're thankful
for and give yourself a gratitude heart for each one!

1.



2.



3.

