

# STAYING THANKFUL

You will need:

Something to write on

Something to write with

A chalkboard or marker board is ideal as you can rub things out and start again each day.



Set yourself the challenge of finding five things today that you are thankful for:

- One thing that you have heard
- One thing that you have seen
- One thing that you have read
- One thing that you have done
- One thing that someone has done for you



Write each one down on the board or paper.

It's OK to cross some out and replace them with other ones during the day.

Near the end of the day- perhaps near tea time- if you want you can say a thank you prayer.

**"Thank you God for all the good things I have noticed today. I pray that I will notice good things tomorrow. Amen"**



If you can, take a photo of your board at the end of each day so you can remember what you have been thankful for.