



Gratitude FOR POSITIVITY

Things I like about myself, inside and out...

Good things that have happened this year...

Things I am grateful for...

People who have made a difference in my life this year...

Write 3 positive affirmations, cut them out and put them where you can see them. Say them aloud to yourself every morning, and every evening. Say them enough if you don't believe them already, you will after saying them out loud and often!

