

Mindful Mat of Gratitude

I Can't Imagine My Life Without?

Have an attitude
of gratitude.
Thomas S. Monson

THREE THINGS I AM GRATEFUL FOR TODAY

- 1. _____
- 2. _____
- 3. _____

f	j	o	y	f	u	l	v	t
r	g	h	f	k	p	o	a	h
i	r	a	a	i	g	v	s	a
e	y	n	m	n	b	i	s	n
n	p	v	i	d	r	n	u	k
d	p	r	l	n	v	g	e	f
s	a	z	y	e	j	n	m	u
c	h	c	j	s	z	u	c	l
c	a	r	i	s	o	f	d	g

- joyful
- caring
- loving
- happy
- kindness
- family
- thankful
- friends

Draw a picture of something or
someone that makes you happy!

