

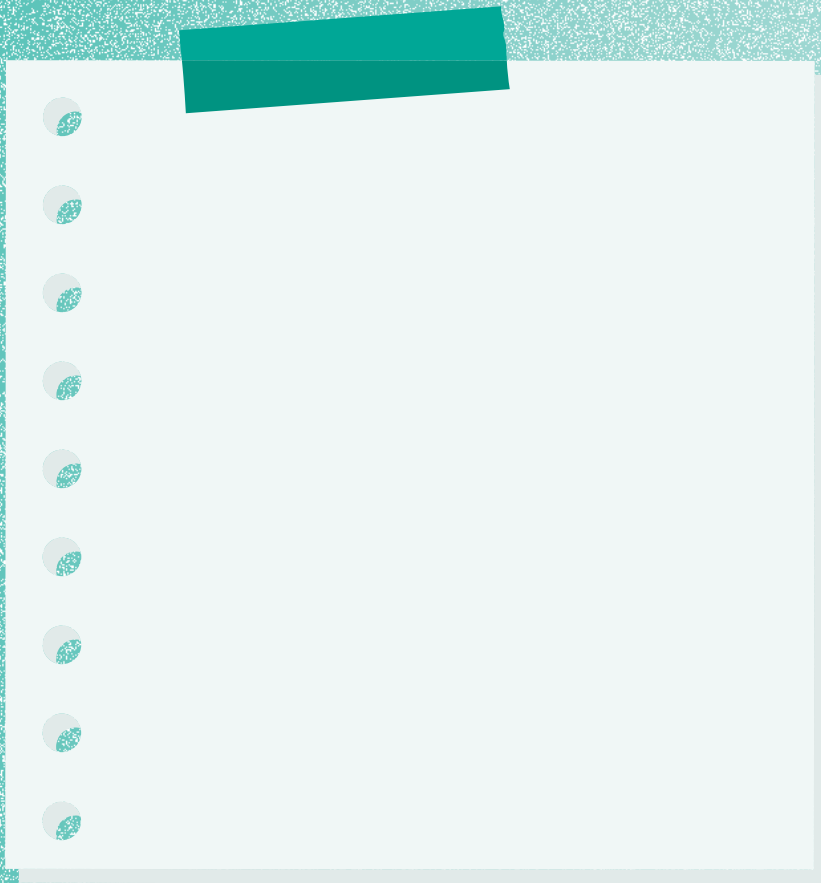
DON'T UNDERESTIMATE **GRATITUDE**

CHECK OUT THIS MENTAL HEALTH RESOURCE WE MADE FOR YOU! →

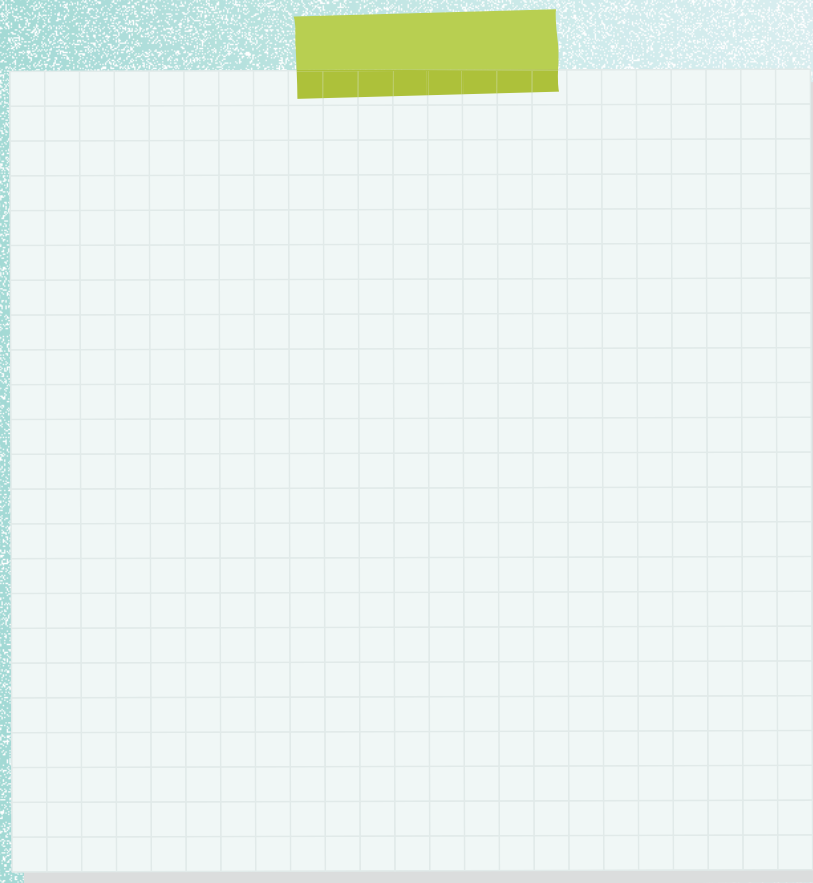




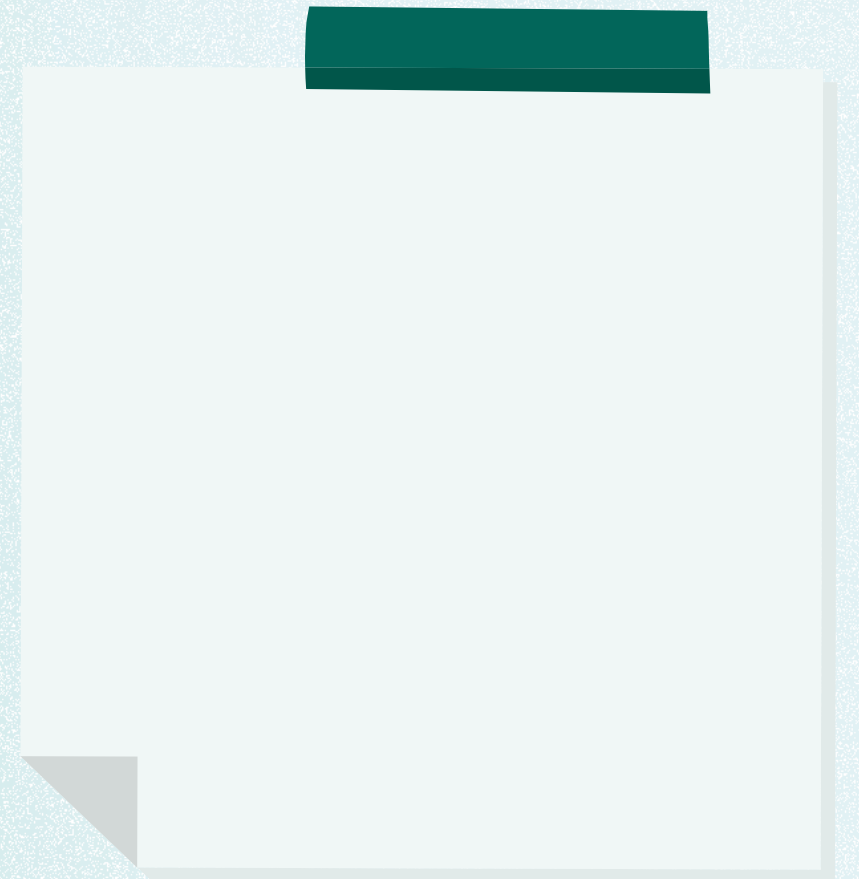
TREEHOUSE



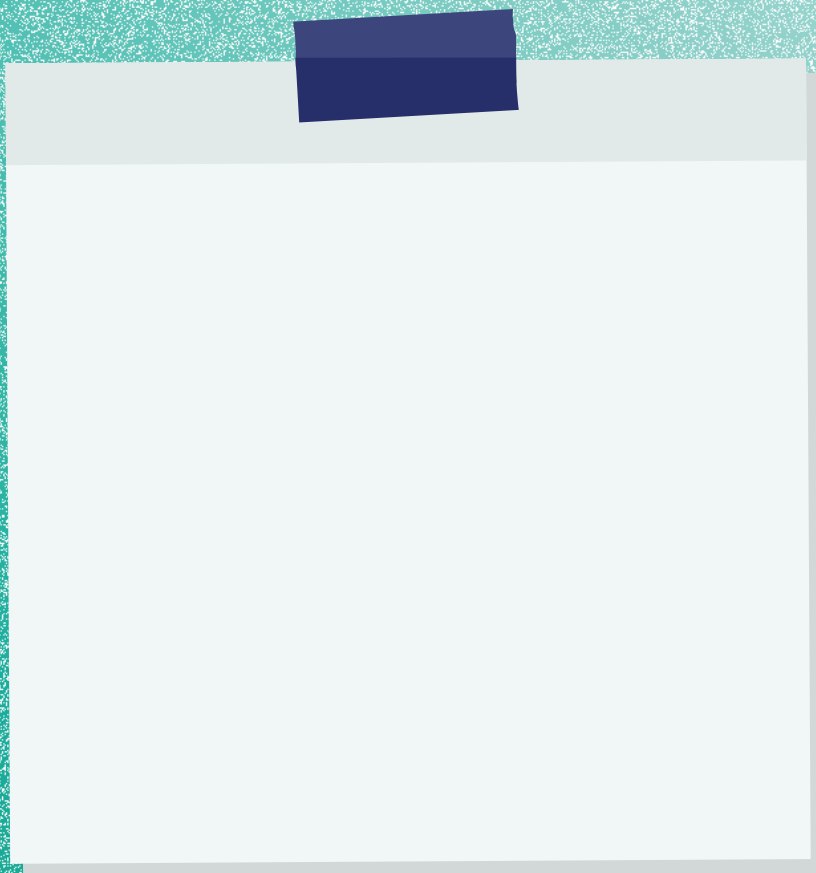
**PEOPLE I'M
GRATEFUL FOR**



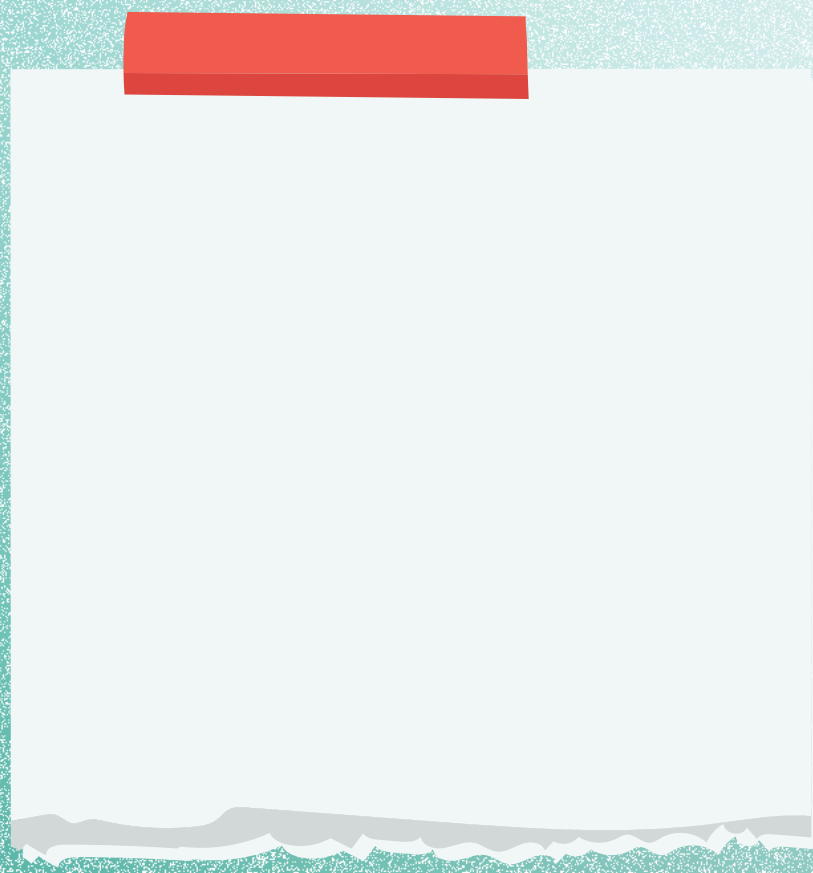
**PLACES I'M
GRATEFUL FOR**



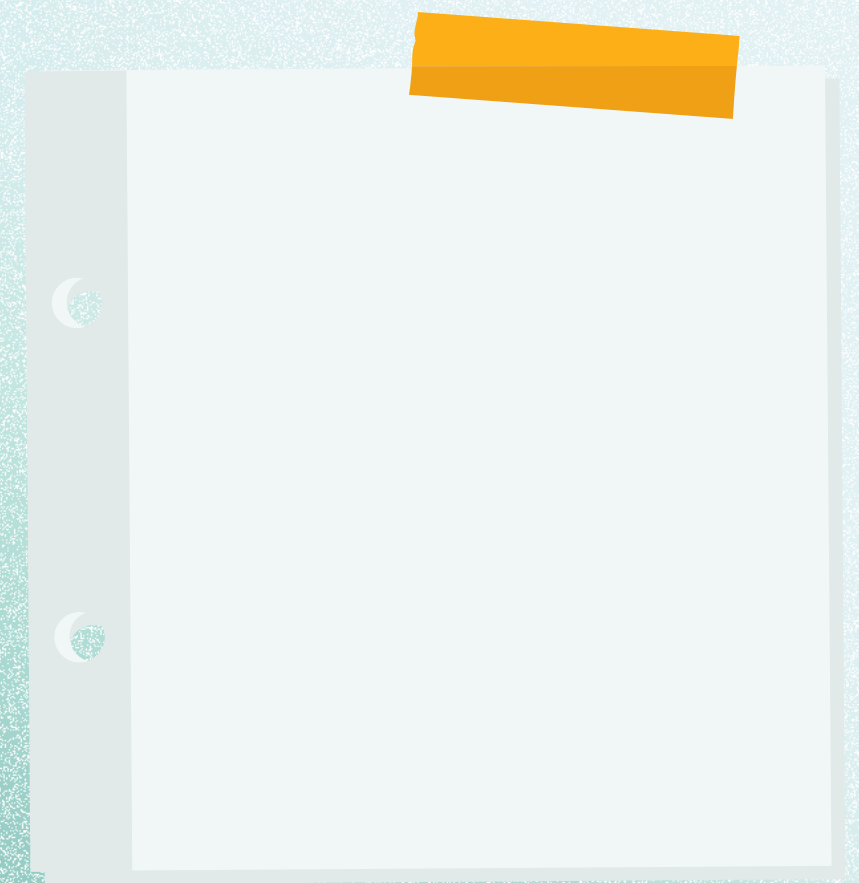
**MEMORIES I'M
THANKFUL FOR**



**PARTS OF MYSELF
I'M THANKFUL FOR**



**THINGS I'M GRATEFUL
FOR TODAY**



OTHER:

When life feels heavy, gratitude doesn't erase what's hard, but it focuses us on the beautiful things we have in front of us. Noticing even one small good thing—a kind word, a deep breath, a moment of peace—can shift how we see the world and ourselves.