

# Gratitude on the Go

## Notepad Instructions

Cut out all the quotations and the cover in the size that works best for your notebook. Try to cover all the text and graphics that might be printed on the front of the notepad.

Glue the cover on and glue the quotations in various places throughout the notebook including inside the cover and on the back.

Add extras if you wish such as washi tape, charms, ribbon. (Optional) Cut and sharpen your pencils to a size that fits nicely in the spiral ring of the notepad.

## Activity Instructions

Give everyone their own notepad. They are to write or draw something they are thankful for on each page until the notepad is filled up. They can not duplicate items. (how long this lasts depends on how many pages there are. They only need to draw on the front of each page. Using the back is optional.

## Important

This is to inspire awareness of things that are many times taken for granted. Make sure they know to be thankful for things about themselves too!



# Gratitude on the Go

Print, cut out and glue in the center of the cover of your notepad.

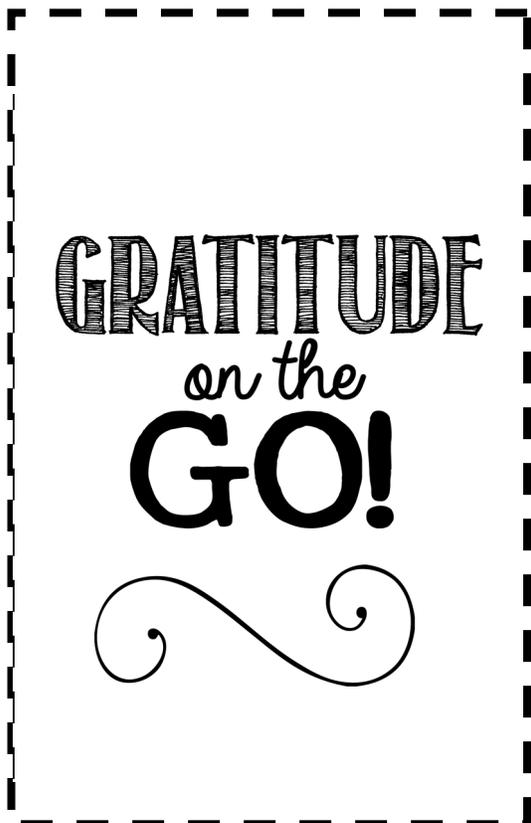
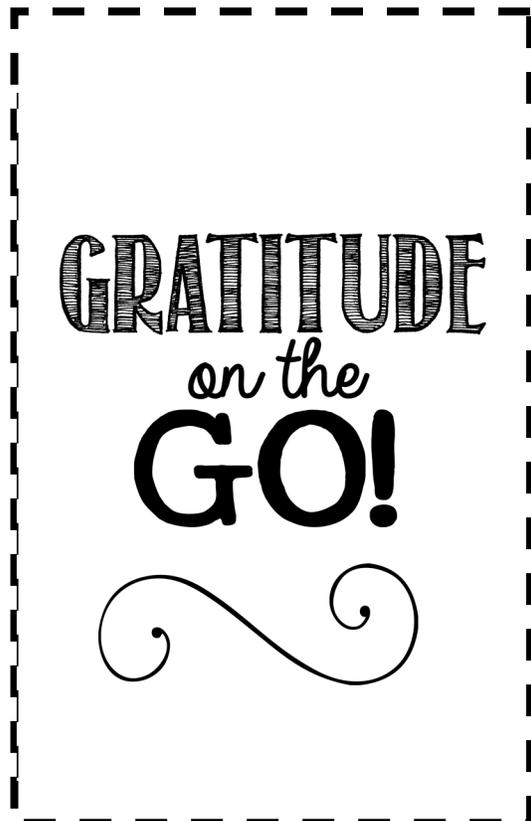
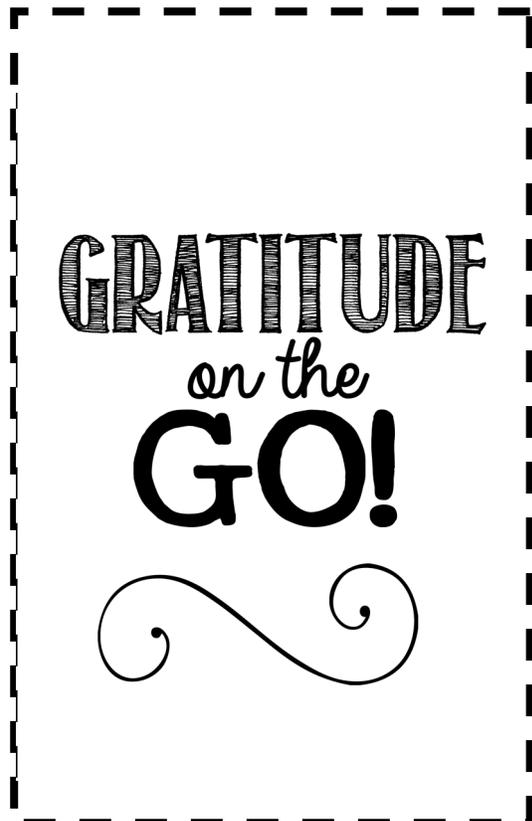
These labels are approximately 3 1/4" x 2 1/4"



# Gratitude on the Go

Print, cut out and glue in the center of the cover of your notepad.

These labels are approximately 2.7" x 4.25"



# Gratitude on the Go

Print, cut out barely outside the frames. Glue in various places in your spiral notepad.



# Gratitude on the Go

Print, cut out barely outside the frames. Glue in various places in your spiral notepad.

there is always  
something to be  
grateful for.

MANY THINGS  
THAT YOU TAKE  
FOR GRANTED  
ARE THINGS  
OTHER PEOPLE  
PRAY FOR.

FOCUS  
ON THE  
GOOD

ENJOY THE LITTLE  
THINGS, FOR ONE  
DAY YOU MAY  
LOOK BACK AND  
REALIZE THEY  
WERE THE BIG  
THINGS.

It's not happy  
people who are  
grateful.  
Its grateful people  
who are happy.

It is impossible  
to feel grateful  
and depressed at  
the same time.