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 cannot 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!
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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"
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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!

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

- Gratitude CHANGES EVERYTHING
- Be Thankful
- GRATEFUL = HAPPY
- LIVE Gratitude
- Change Your Life Be Thankful
- CHOOSE to be Grateful

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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. It's grateful people who are happy.

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