

## MINDFULNESS ACTIVITY

# Gratitude Tree

Bringing a little attention to what we're thankful for can help us to get out of negative patterns and thinking. It's not about pretending everything is good, but seeing the full range of our experience.

Using the leaves of the tree, write down some things that you're grateful for each day. It can be really simple like food, a good friend, an opportunity, or even somebody inspiring on TikTok. Start with a couple and add on every day until your tree is full!

