

# 5 IDEAS FOR BEING THANKFUL

Practice Gratitude in These  
5 Areas for a Happier Life



## THE DIVINE

Your Creator-the Originator of all good things, spiritual relationships with God and others, your blessings.

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## THE WONDER OF YOU

Your life, your physical body, mental, physical, and emotional abilities and talents.

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## RELATIONSHIPS

Other people who touch our lives in ways large and small, family, friends, and enemies.

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## THINGS

Things we enjoy such as nature, food, shelter, pets, and other inventions that make our lives better.

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## EXPERIENCES

Be thankful for experiences and opportunities, precious moments in time, and significant events.