

# SELF-CARE TIP # 1

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“AS WE EXPRESS OUR GRATITUDE,  
WE MUST NEVER FORGET THAT THE HIGHEST  
APPRECIATION IS NOT TO UTTER WORDS,  
BUT TO LIVE BY THEM”

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No matter how difficult and defeating life can be,  
there's always something to be grateful for.

**Instruction:** Create a Gratitude Journal. Write down, draw a picture or add a word of the things you are grateful for on a daily basis.

**Goal:** Gratitude journaling can help you feel more balanced and less thrown off by daily stress.