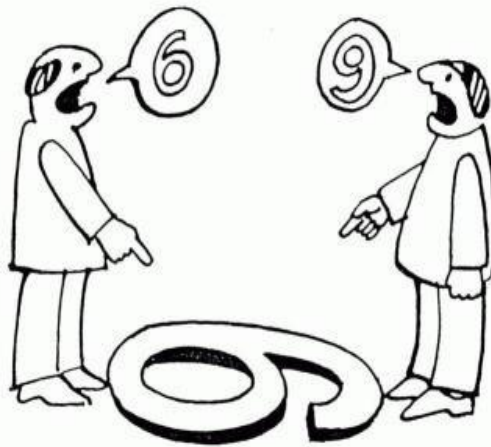


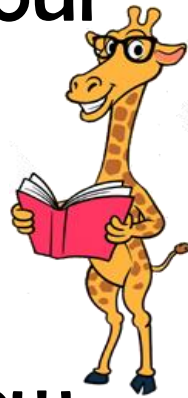
# *Change perception*



CHANGE  
YOUR  
PERCEPTION  
OF THINGS  
AND YOU  
WILL  
CHANGE  
YOUR  
REALITY



Your 'perception' is defined as the way you see something, understand something, or interpret something. Your perception matters a lot because it determines how you see life.



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DATE \_\_\_\_/\_\_\_\_/\_\_\_\_

(SUN) (MON) (TUE) (WED) (THU) (FRI) (SAT)

I AM THANKFUL FOR TODAY BECAUSE:

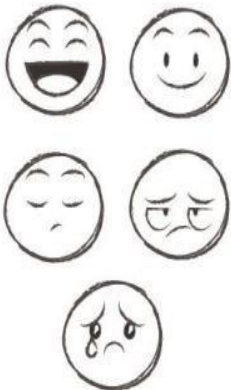
1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

SOMEONE WHO I THANKED TODAY:

\_\_\_\_\_

\_\_\_\_\_

EMOTIONS



ACT OF GRATITUDE

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

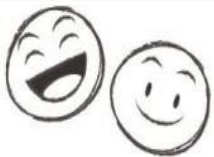
DATE \_\_\_/\_\_\_/\_\_\_ SUN MON TUE WED THU FRI SAT

TODAY I AM GRATEFUL FOR: \_\_\_\_\_

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DRAW OR WRITE ABOUT SOMETHING ELSE  
THAT MADE YOU GRATEFUL TODAY.