

YOU'LL FEEL BETTER INSIDE AND OUT.

Studies show that gratitude leads to a more positive outlook on life, and even more energy. It just makes sense that feeling happy about what you have is better than feeling sad about what you don't have.



SO STAY POSITIVE, BE THANKFUL,
SHOW YOUR APPRECIATION, AND
ASK FOR HELP IF YOU NEED IT.

IT'S AN EASY WAY
TO MAKE THE WORLD AROUND YOU
a better place.

corelife
BUILD YOURSELF STRONG

MAKE GRATITUDE *your* ATTITUDE

GRAT•I•TUDE

(noun) A feeling of thankfulness
or appreciation.





A COUPLE THOUSAND YEARS AGO, THERE WAS
A GREAT ROMAN PHILOSOPHER NAMED CICERO.
HE SAID THIS:

*"Gratitude is not only the greatest of
virtues, but the parent of all the others."*

What he meant was that being a great person starts with being thankful for
what you have, and for all the things that others do for you.

You have more than you think.

Most kids want more. It's normal. But do you ever stop and think about
everything you already have? If you are reading these words, you can see.
Be grateful for that because there are about 60,000 children in the United
States that cannot see. No matter what you have, there are many people
who have much less.

One thing to be thankful for is the help that is available to you as a child in
America. Your school counselor, teacher, or assistant principal can help you
if you need it. Talk to them!

So before you start complaining that you don't have the latest video game
or the best bicycle, remember that there are kids who go for days without
a bite to eat. If you are well, can walk, talk, and see, you have a lot to be
thankful for. If you need help, you have that too!



My gratitude list

Take a minute to list five things you're thankful for.

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____

Show your appreciation.

Gratitude is more than just being thankful—it's about expressing your appreciation. When people
go out of their way to help you, thank them. If you get a gift for your birthday, send a personal
note or email saying how much it means to you. Even everyday things like the food you eat and
the clothes you wear are available because your parents worked hard and they care for you.

How can you show people how much you appreciate what they do for you? Jot down a few ideas.



PARENTS



TEACHERS



FRIENDS
