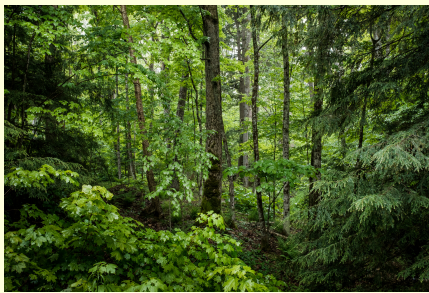


GRATITUDE ALPHABET

Sometimes it's easier to think of things we're grateful for if we have a prompt to get our minds going in the right direction. I like to pick a theme, like food or people in my life or aspects of good health I enjoy. Here's one with celebrating things in the natural world where I live, Vermont's Green Mountains.



A Air
B Buds
C Clouds
D Dragonflies
E Evergreens
F Forests
G Glades
H Hills
I Ice
J Juniper trees
K Kestrels
L Lakes
M Moose
N Night sky
O Orioles
P Ponds
Q Quiet
R Rushing rivers
S Songbirds
T Thunderstorms
U Uplifting views
V Valleys
W Willow trees
X foX
Y Yarrow
Z Zephyrs

YOU CAN PRACTICE EVERY DAY, AND TRAIN YOUR MIND TO FIND THINGS YOU'RE GRATEFUL FOR.

You might have noticed that I do allow a little cheating for the letter "x" and use any word with an "x" in it somewhere!

The point is to find things to feel good about, and to instill a habit of appreciating things in our lives, so take it easy and play with it.