

Name: \_\_\_\_\_

Date: \_\_\_\_\_

# Gratitude

U P I G E Y N X T V G X T U R U C  
Q O V Q J W P H L G N W B M H V O  
N B C E K S E Y L P I W E W P W S  
G I Z P E W R P I O E I F L S L F  
F V O O R R A J F S B D Z F G A N  
V C S C C M W D E I L O G V R I O  
T E Q Z G J A I K T L O W X A T I  
B E N E F I T S H I E M C U T N T  
C A V N Z Z C C W V W U K L E E A  
P S Y O J N E F Z E G V U U F S I  
N Y L I M A F Z P D T U G F U S C  
A D T Y Q T R O F F E I R K L E E  
A A V G Z V M O Q U X J T N L W R  
C T F R I E N D S C W G O A L G P  
Q S H G Q J T X K L W M Q H I M P  
Q B G R A T I T U D E F O T O Q A  
J H G U O T G B X K G M O S C H R

appreciation  
grateful  
friends  
tough  
mood

wellbeing  
positive  
family  
aware

essential  
benefits  
effort  
life

Gratitude  
thankful  
enjoy  
cope