COUNT YOUR BLESSINGS INTERVENTION

Weeks 1-6

There are many things in our lives, both large and small, that we might be grateful about. Think back over the events of the past week and write down on the lines below up to five things that happened for which you are grateful or thankful.

This week I am grateful for:

_____
_____
_____
_____
_____
_____
_____
_____
_____
_____
_____
_____
_____