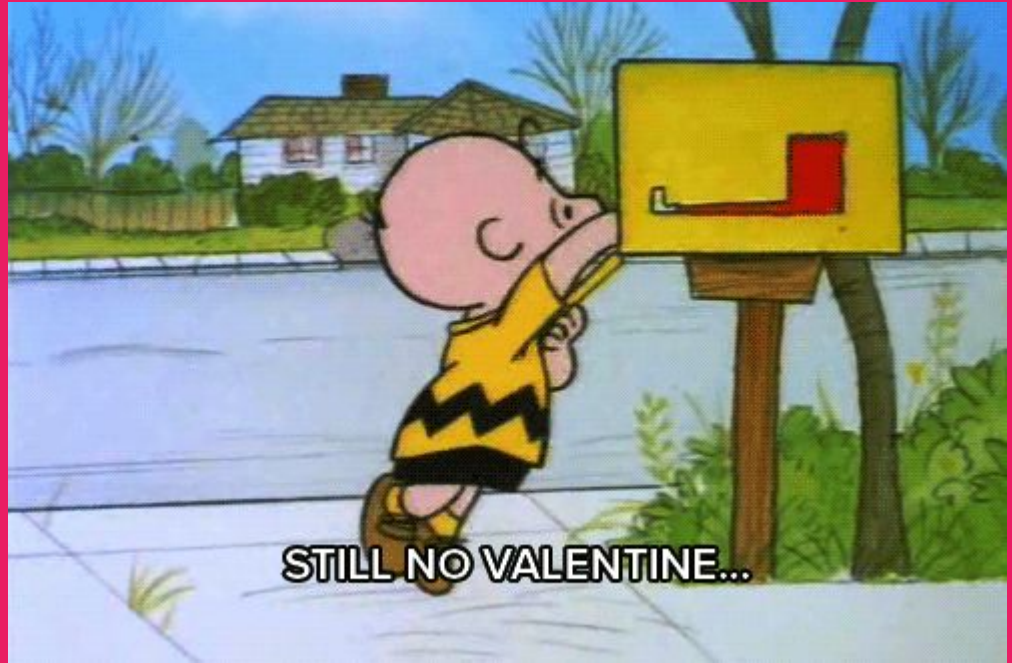


Portvisory: Feb 2019

Gratitude

Agenda (Yes, Happy Valentine's Day)

1. File Reflections (if needed)
2. Why be Grateful?
3. Video
4. Activity!



Gratitude

It can be easy to focus on all the things you wish you had or wish you could do.

However, there is power in switching your mindset. Think about people, places, or things for which you are grateful.



VS.



Gratitude

What are the benefits of being grateful?

What benefit of being grateful sticks out to you most? Why?

