You have been given a **“3 for 3 Challenge”.** For the next 3 days, write down 3 things that you are grateful for – big or small. The things can be big or small.

Do it before bed, when you first wake up, or at any time during your day.

**Today I Am Grateful For:**

**1.**

**2.**

**3.**

**Today I Am Grateful For:**

**1.**

**2.**

**3.**

**Today I Am Grateful For:**

**1.**

**2.**

**3.**