

# My 'Good Stuff' List



Date:



I am thankful for my family because...

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I am thankful who I am because...

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I am thankful for my friendship with...

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Something good that happend last week.

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Something small I am grateful for...

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Something else I am thankful for...

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## Morning gratitude

Before you begin your day, write down some of the things you are grateful for.


## The best part of my day

Choose one moment from your day that made you smile and focus on this before you go to bed.


## Did you know?

Young forests are much more efficient at absorbing carbon than old forests so to maximize the carbon storage that trees can provide, we need young healthy forests where trees are regularly harvested and re-grown.