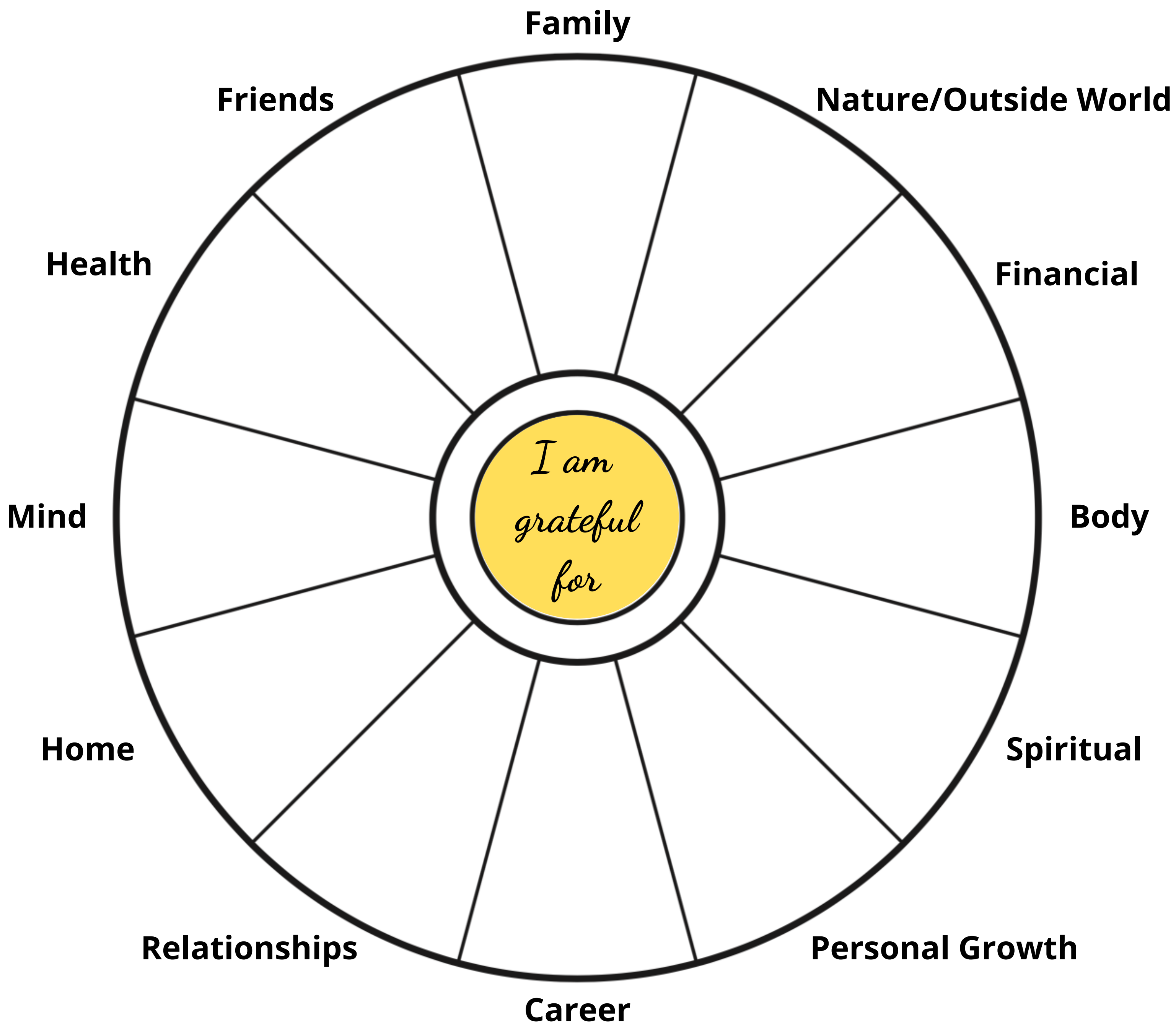


The gratitude wheel is a tool that can help you to describe the things you are grateful/thankful for and how they make you feel.

Not all sections of the wheel need to be completed, and some may be easier to complete than other, that's okay. Take your time!



'The more you use gratitude everyday, the greater the good you will bring into your life'
Ronda Byrne