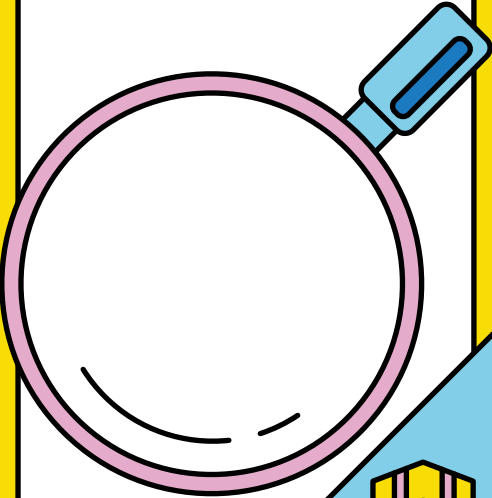
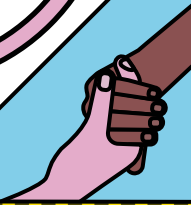
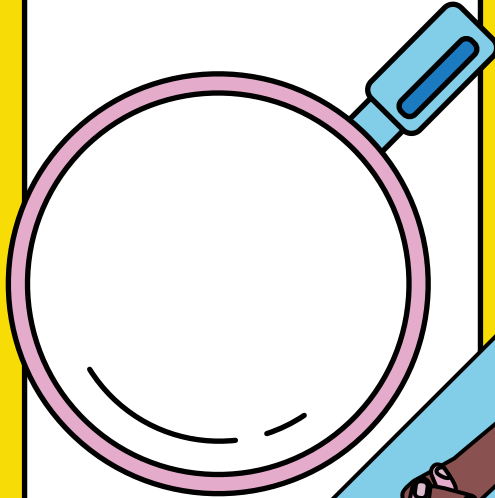


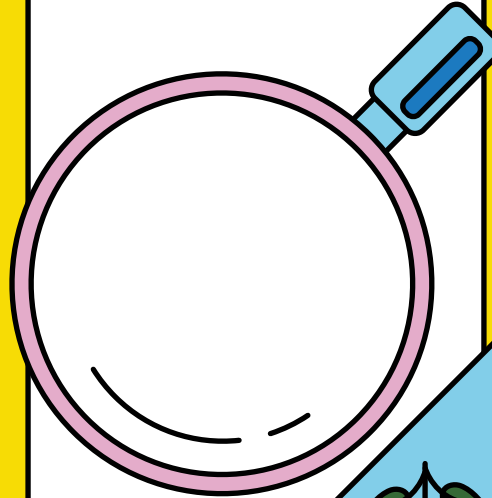
A Gift You  
Were Given



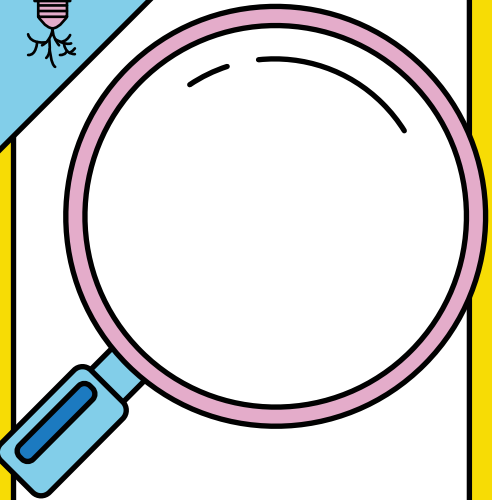
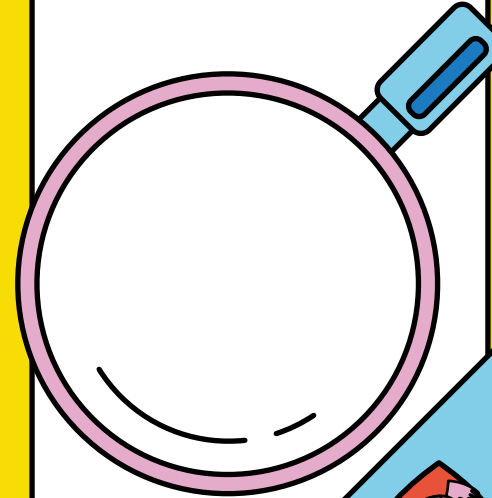
Someone Who  
Helps You



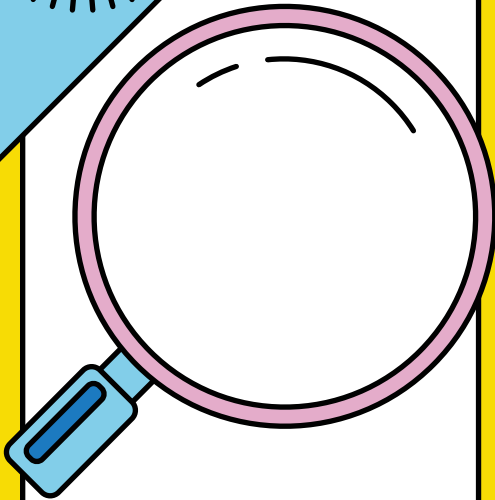
Something  
in Nature



Someone  
Close to You



Something  
Inside You



Someone You "See" Every  
Day But Rarely Speak To\*

\*could also be on social media

### Instructions:

Complete the pages  
one at a time.

- ◆ Read the topic of the page.
- ◆ Think of someone or something that falls under that category.
- ◆ Think of something obvious about your subject, that you are very aware of.
- ◆ Push yourself to "look" more carefully. What can you discover about your subject that you may not have noticed before?  
What previously unnoticed element are you grateful for?
- ◆ Write or draw your discovery inside the magnifying glass.

## Noticing the Unnoticed



An Exploration  
in Gratitude



#gratitudedays