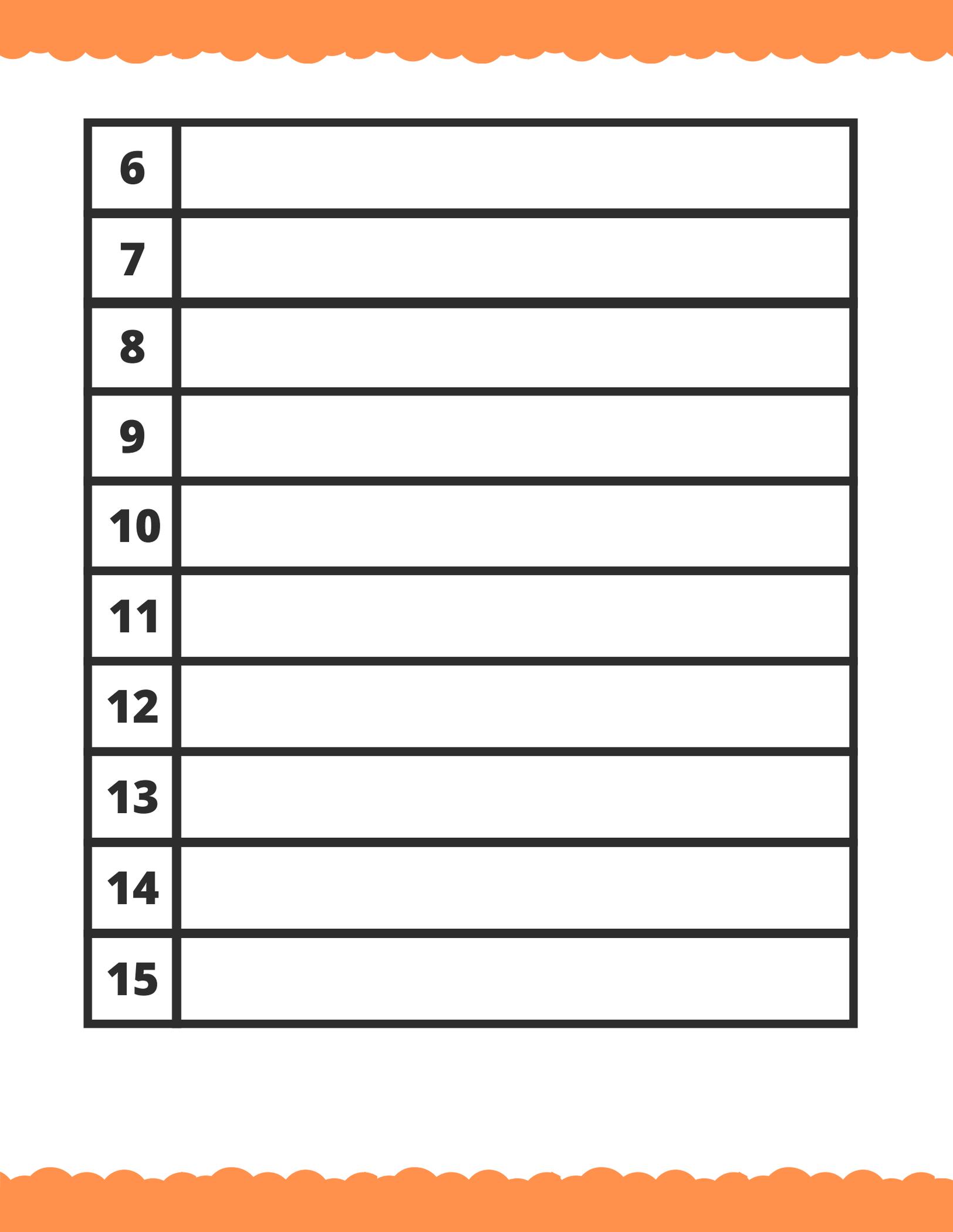


50 THINGS YOU APPRECIATE ABOUT YOUR LIFE

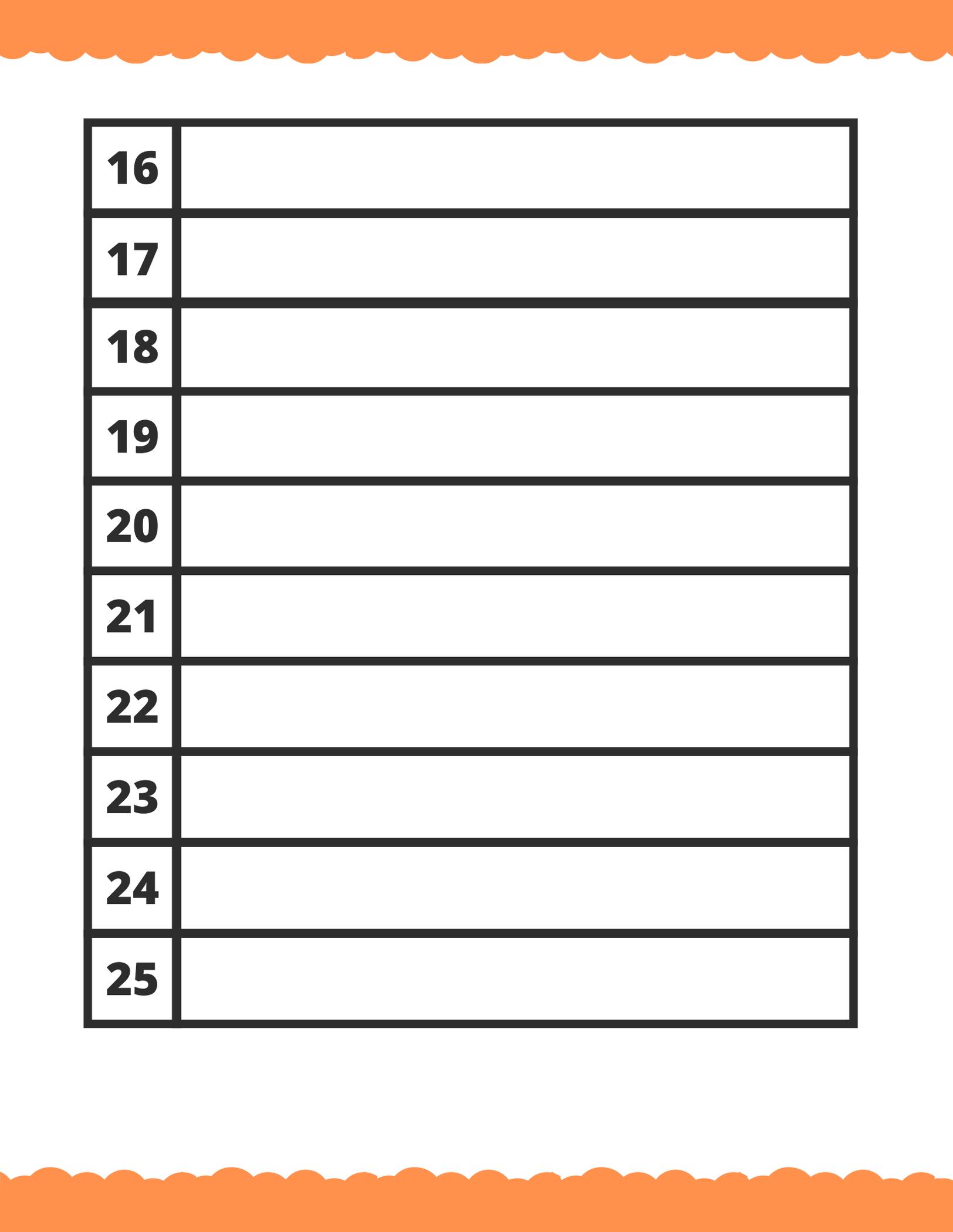
Purpose: Sometimes we get caught up in comparing ourselves to others instead of appreciating what we already have. As a result, we can start to feel inadequate or like we don't "measure up."

The goal of this worksheet is to highlight everything we should be thankful for in order to redirect our focus. Challenge yourself to fill out this list in its entirety, drawing on any positive aspects of your life. If you can't fill it out all the way out right now, don't worry. With time, you'll be able to easily fill in every space on this worksheet.

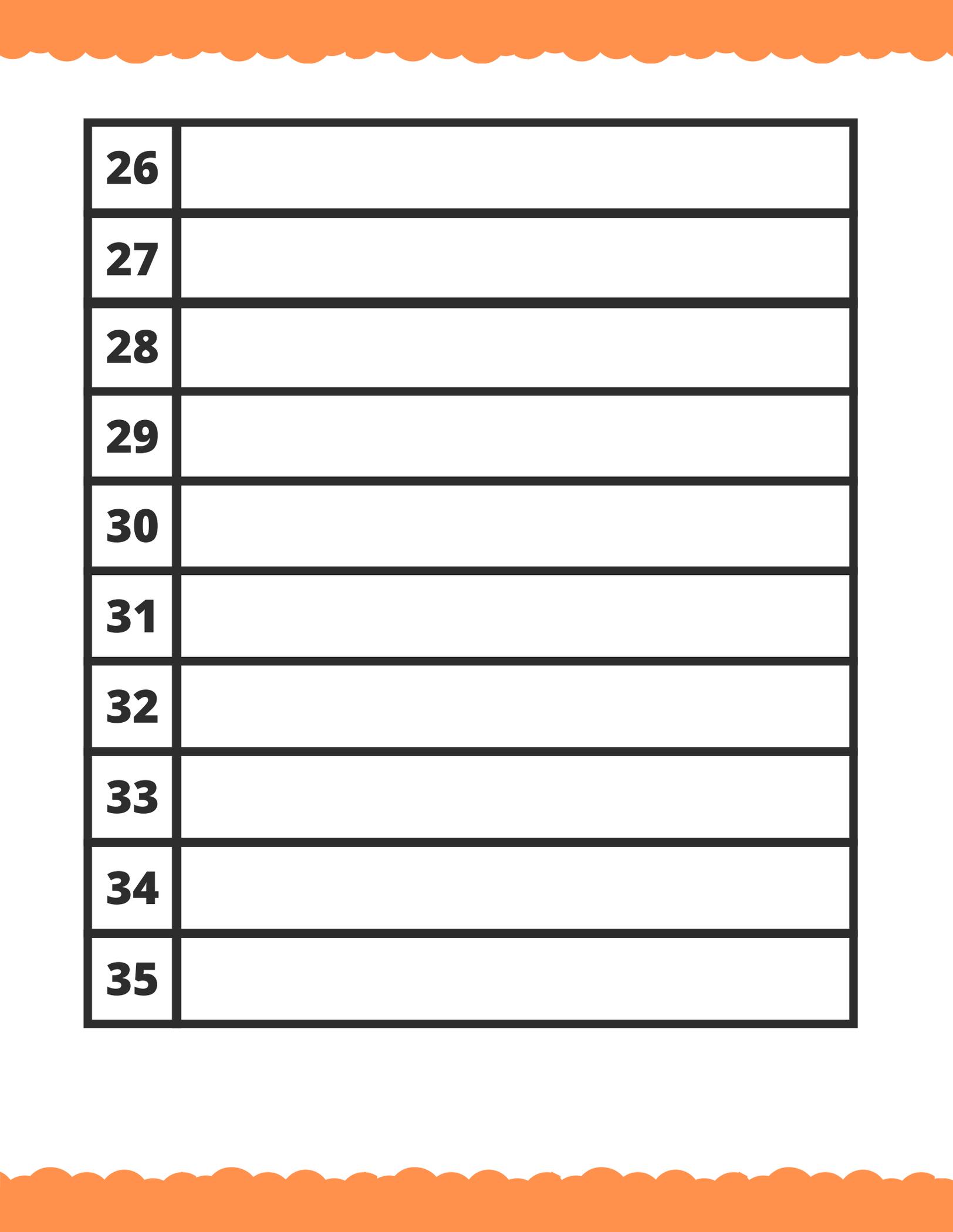
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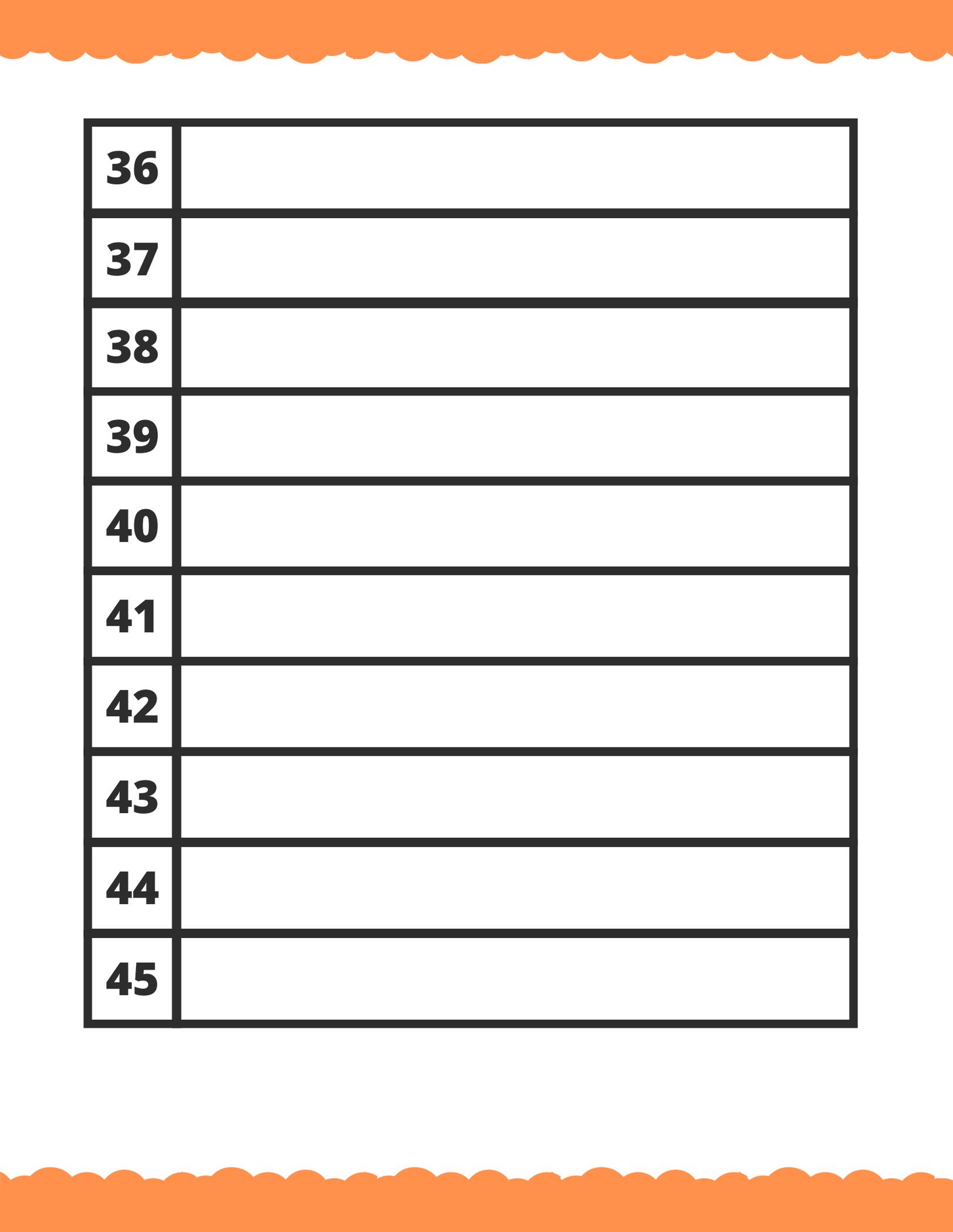
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