

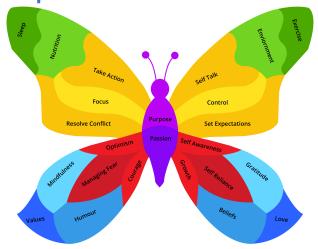




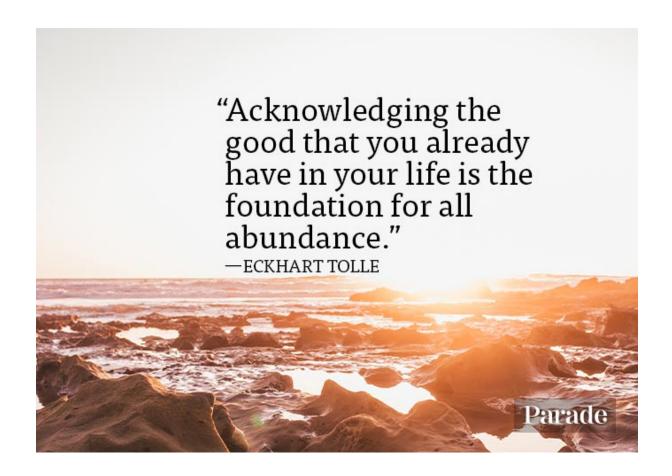
Building a Resilient Mindset One Day at a Time



Module Four Spiritual Resilience



Expressing Gratitude Workbook



Expressing gratitude is a simple exercise to be done every evening as a short reflection.

List six things in your day today for which you are grateful?			