



**I AM
LOVED**

God has blessed us with many people in our lives who love us! Think of 2 people in particular you love and stop and thank God for them right now.



**SPREAD
JOY**



This little light of mine, I'm going to let it shine! Ask God to help you feel His joy in your heart right now, then go out and let your joy shine to the next person you talk to!



**WONDER
AT HIS
CREATION**

Take a deep breath, close your eyes and count to five. Next, open your eyes and look around you. Find your favorite thing in the room and wonder at it. Thank you God for all of creation and the creative hands that are around us.



GRATEFUL



Freeze! Find 3 things within arms reach you are grateful for, no matter how BIG or small. God you're so great for giving it to us all! #Blessed