



Improving Emotional Wellness

Gratitude has a large effect on our emotional wellbeing. Oftentimes, the things we have to be grateful for are right in front of us and happen everyday. Here is a list of statements that could help you find many things to be grateful for. Identify one or more items for each of the following:

Someone who makes you happy

Something that you can't live without

You're favorite memory

Something that makes you laugh

Your favorite subject in school

A time when someone did something nice for you

Your favorite activity to do in your free time

Something that makes you smile

Something you are looking forward to

Something you do to cheer yourself up

All of these and MORE are reasons you have to be grateful. Take some time each day to think about these answers and practice gratitude to improve your emotional wellbeing.

udel.edu/4-h

