

My Right Now Narrative

NAME



*Laughter is medicine for the soul.  
Have you had your dose today?*



NAME \_\_\_\_\_

## I AM GrateFULL

	"Gratitude unlocks the fullness of life. It turns what we have into enough, and more." – Melody Beattie	"So much has been given to me; I have no time to ponder over that which has been denied."– Helen Keller	"The single greatest thing you can do to change your life today would be to start being grateful for what you have right now." – Oprah Winfrey	"What separates privilege from entitlement is gratitude."– Brené Brown	"When we give cheerfully and accept gratefully, everyone is blessed."– Maya Angelou	"Appreciation can make a day – even change a life. Your willingness to put it into words is all that is necessary."- Margaret Cousins
Physical						
Mental						
Emotional						
Relational						
Spiritual						
Professional						
Financial						
Experiential						



