

August 2012—Your 31 Days of Gratitude

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Every time you express a thank you, color in one of the smiley faces—and SMILE!

5 Ways to Get to 5 Thank You's a Day

1. Write in a gratitude journal
2. Send out a thank you note
3. Compose a letter of gratitude
4. Express sincere gratitude
5. Meditate on gratitude for 5 minutes

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