

5 FAST WAYS TO THINK & FEEL GRATITUDE

5 Things About Life You Generally Love

5 Things About Your Health

5 Things You Need And Have

5 Things About Your Friends And Family

5 Things About Life (Past Or Present)

5 Movies, TV Shows, Plays

5 Favorite Songs

5 Foods You Enjoy

5 Books You Appreciate

5 Childhood Memories You Remember

5 Fun Things You Like Doing

5 Places You Love