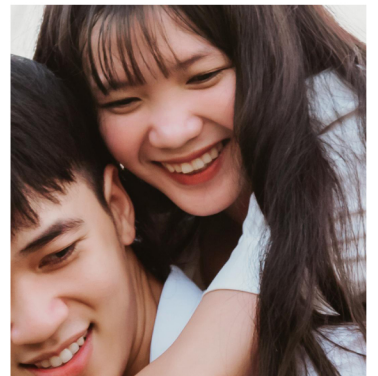


An Attitude of Gratitude

Dark times can be tough, and at *I Know Why She Stayed*, we understand that part of the healing journey requires taking the time to slow down, to breath, and to express gratitude by acknowledging kindness and the positive things in life we are grateful for.

Focusing on the positive is scientifically shown to improve physical and mental well-being, boosts happiness, and strengthens relationships with those you cherish most.





What cherished traits do you possess that make you proud of who you are?

Recall a time when you spoke up for yourself or someone else, even if it was in a small way and why it mattered.

What positive changes have you made in your life that you're proud of?

What people in your life have remained through good times and tough, and what makes you grateful for them?

Think of something that inspires you every day. Art, a great book, a favorite movie, or a cherished pet. How have they inspired you and made you feel safe?

What are the unique gifts you possess that you use to help others?

How have you forged strong relationships within your community? Or perhaps an online community?

Gratefulness helps us remember that there are wonderful things in life, offers a unique perspective on how we shape our world, and how others have shaped us.

What are you grateful for?