

# Choose Love to Thrive

Daily Action Steps For Conquering Adversity

## CHOOSING LOVE TODAY #30: MAKE A GRATITUDE HEART TO CARRY AROUND WITH YOU



P. K. Hallinan's book *I'm Thankful Each Day* talks about a lot of things on Earth to be grateful for. Sometimes we can forget to find gratitude throughout our days when we're busy, stressed, and tired.

Whether it's your favorite food, getting to speak to loved ones, spending time with pets, or watching your favorite show, there are many things that can bring us joy and have us feeling grateful. Sometimes even the simplest of things can make us feel grateful. It is important to take the time to appreciate feeling gratitude in our lives.

Gratitude is defined as the feeling or expression of thankfulness and appreciation towards yourself, others, places, or things. Today, show gratitude by creating a heart origami and carrying it around with you.

### Practice Gratitude Today:



1. GRAB A PIECE OF PAPER.
2. MAKE AN ORIGAMI HEART (LOOK AT THIS [LINK](#) FOR EASY STEP-BY-STEP INSTRUCTIONS)
3. KEEP YOUR GRATITUDE ORIGAMI HEART WITH YOU THROUGHOUT YOUR DAY.
4. WHENEVER YOU FEEL THE HEART IN YOUR HAND OR SEE IT, STOP AND THINK ABOUT ONE THING YOU'RE GRATEFUL FOR.
5. AT THE END OF THE DAY, REFLECT ON ALL OF THE THINGS YOU WERE GRATEFUL FOR.

### Parent Practice Tip:

**Make a Gratitude origami Heart with your child(ren). Remind with your child(ren) that when they feel or see the heart to think about one thing that makes them happy.**

### To Learn More:

**READ ALOUD OF I'M THANKFUL EACH DAY! BY P.K. HALLINAN**  
**HOW TO MAKE AN ORIGAMI HEART**

[www.ChooseLoveToThrive.org](http://www.ChooseLoveToThrive.org)