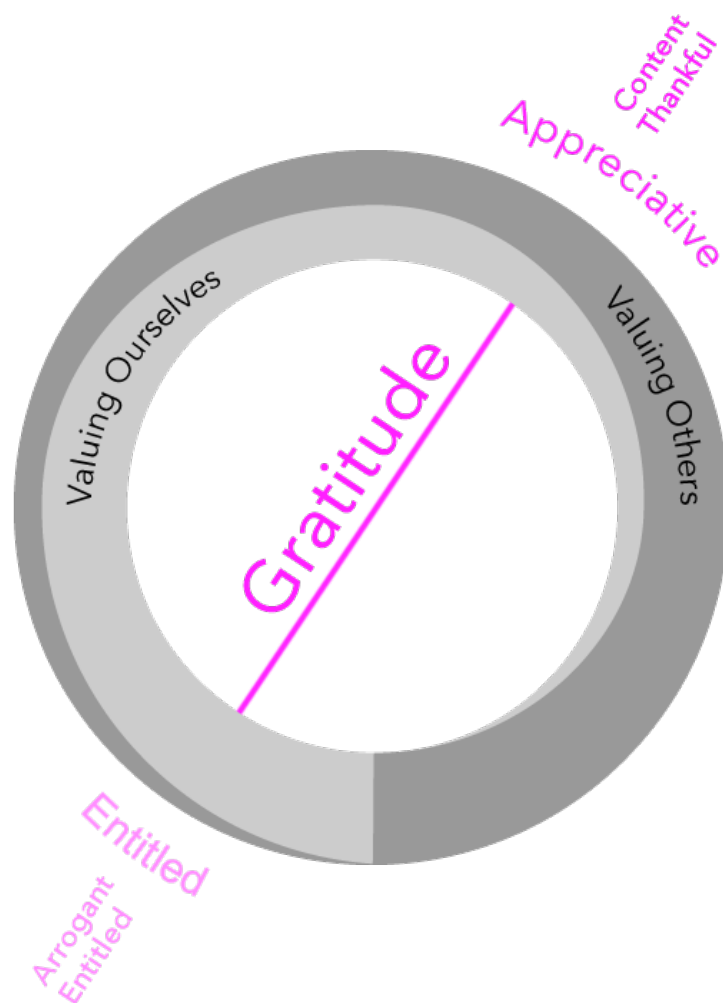


Appreciative Zone

feeling contented, grateful

I make the most of what I have and feel grateful for everything. I enjoy being part of something bigger than myself. I feel relaxed, all is well. I am secure in myself and peaceful. I don't take people for granted and appreciate them.



Gratitude

The deep appreciation of thankfulness that allows us to recognise the value of what we have and the kindness of others.