

# THANKFUL



Credit others for what they've given us by showing gratitude.

**What it's about; what it does for us...**

...Realising our good fortune and the kindness of others; it makes us give back.

**We feel this when...**

...someone helps us or gives us something, or we realise how lucky we are. We get perhaps more than we think we deserve.

**It makes us...**

...appreciate the benefits of kindness, of the good things that happen to us and our relationships. It encourages us to tell people how much we appreciate what they have done for us, and to give back in order to return their kindness.

