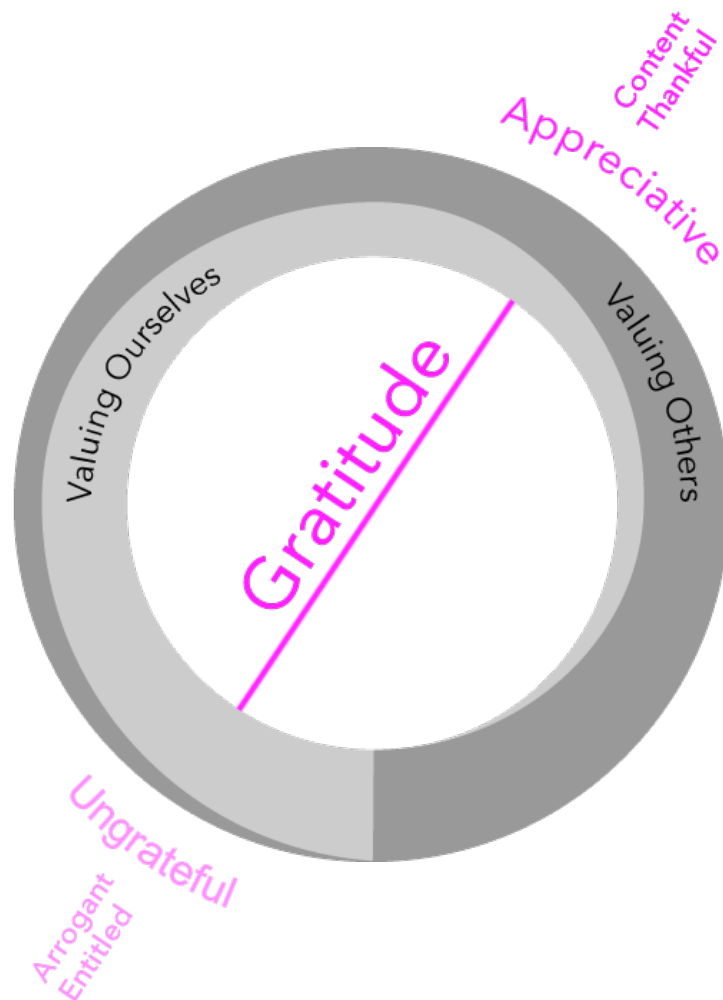


# Appreciative

*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 show people how much I don't take people for granted and appreciate them.



# Gratitude

The appreciation of our good fortune and the kindness of others who have given us so much and helped us.