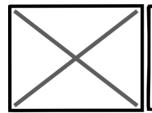


**Gratitude Diary** 

**Inspirational Cookies** 

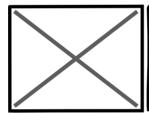
## Oh, Happy Day...

Title of Positive News 1



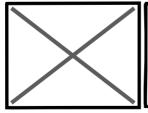
Placeholder for the body of the 1st positive news

Title of Positive News 2



Placeholder for the body of the 1st positive news

Title of Positive News 3



Placeholder for the body of the 1st positive news



#### **Gratitude Diary**

#### Today, I am grateful for...

- · Being alive;
- · Having a family;
- · Having a home;
- · My health;
- · The food I eat;
- · The water I drink;
- The hugs from my children;
- The hours of sleep I had last night;
- · The sunrise;
- · The sunset.

Enter yours!

Save these blessings!

#### What made me happy...

Yesterday

A month ago

A week ago

One year ago



**Inspirational Cookies** 

# Need to increase your happiness levels? Choose a topic!:)

**Health Recovery** 

Uplifting TED Talks

Awesome Love Stories

**Community Development** 

**Positive Parenting** 

Thriving Nature



More inspirational cookies

### Awesome recoveries

Title of Positive News 1



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Placeholder for the body of the 1st positive news

Title of Positive News 2



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