

EXAMPLE 5

Today I am grateful for...

1. *Love*
2. *Inspiration*
3. *Joy*
4. *Failure*
5. *Contentment*

Special moment of the day...

How did I feel? ♥

Spending time listening to my mum as she needed someone to talk to. I enjoyed being there for her and could understand her feelings and frustration. It reminded me of some of my friends and the problems they have. I enjoyed being able to help her out, it's not something I've done before, it made me feel proud.