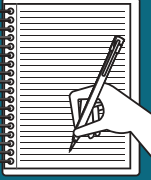


Fairy Tale Journal - GRATITUDE



Name: Big Billy Goat Gruff



A gratitude journal involves finding things to be grateful for, despite your situation,

Finding what you can be thankful for can help you to work through any disappointment, frustration, anger or regret.

I hear that thinking about what I am thankful can help. Well, I HATE blue grass! I wanted the greenest grass. Now I am stuck with blue grass!

Let's see if this gratitude thing works:

- I don't have to waste my time looking for the greenest - there is NO green grass
- No other animal is going to try and take our grass because ... who wants blue grass!
- And on that note, at least I have SOME grass!
- When I have finished eating grass, I can poke out my tongue and it is blue.
- I landed in a bush instead of hitting the ground. That could have been worse.
- If the troll is angry at me, he can't easily catch me here!
- There is water down here.
- I have the other goats with me and I'm sure they will forgive me enough to talk to me again one day.
- I know which side has the greenest grass, even if I can't get to it!

Hmmm... this gratitude thing works! I guess I do feel better!

