List **100** things you are grateful for.

Your list can include the most important things like a friend or family member or the simplest things like the sun shining and a cozy blanket (just a couple of things I’m grateful for). [](https://www.google.ca/url?sa=i&url=https://www.pinterest.com/pin/127719339411118475/&psig=AOvVaw3dDGbJ8Rso5DQOzcjqiGtA&ust=1588168354256000&source=images&cd=vfe&ved=0CAIQjRxqFwoTCODOrKeii-kCFQAAAAAdAAAAABAQ)