ELIZABETH'S CREATIVE WELLBEING WORKSHOP

A Moment of Gratitude

Notice the small things that matter to you.

Write, draw, or simply reflect. You can skip any prompt.

1. Something that brought me a little joy today

It could be a sound, a colour, a person, a place, or a moment.

2. Something I appreciate about my surroundings

Look for something ordinary that feels pleasant or comforting.

3. Someone or something I am thankful for

This might be a person, an animal, a memory, or something you enjoy.

4. One kind thing I can offer myself

Choose something gentle, realistic, and meaningful to you.

A gentle reminder

Gratitude is an invitation, not an obligation. All feelings are welcome.
Even one small moment is enough.

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