

## THE GRATITUDE PROJECT

April 8 Introduction, including the benefits of gratitude

April 15 Gratitude Journal

Find a beautiful journal or take one of our CTK memo books and we'll give you ideas on how to use it.

April 22 Gratitude Medal

Pick up your medal and express gratitude whenever you touch it.

April 29 Gratitude Tree

Write things you're grateful for on a leaf and put it on the tree we provide.

May 6 Gratitude Letter

Use the beautiful paper, provided, to write a letter of gratitude

May 13 Gratitude for Mothers

We will give flowers of gratitude for our mothers on Sunday

May 20 Gratitude Walk

Join us for a Gratitude Walk of the Labyrinth at Arvada United Methodist Church, following the second service (about 11:15 a.m.)