I am Grateful For:

Relationships I am grateful for:

3 Strengths:

One overlooked positive in your life:

People who have helped me:

1.

2.

3.

4.

5.

6.

Activities I enjoy:

1.

2.

3.

4.

5.

3 positives about my health & body:

1.

2.

3.

EKU Counseling Center