

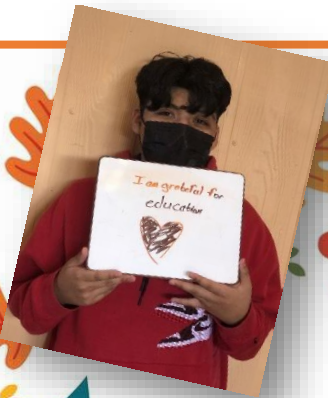
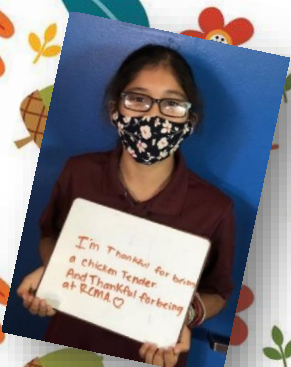
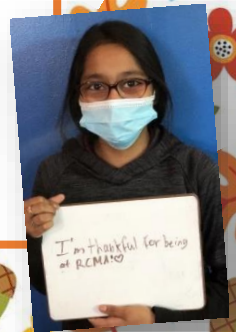
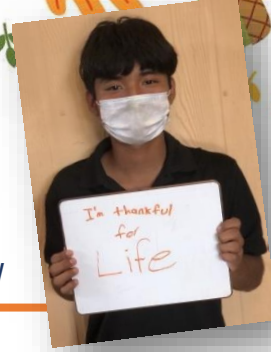
Mindful Memo

Week 15 - November 15th, 2021 RCMA Wimauma Community Academy

Grateful and Thankful

"When eating the fruit, remember the one who planted the tree."
- Vietnamese Proverb

The year is flying by and it's time to turn our thoughts to Thanksgiving. Research shows practicing gratitude and thankfulness can have a tremendous impact on mental health and well-being. So let's make thankfulness and gratitude a daily habit and not just a once a year Thanksgiving obligation. This week's challenge is simple: Start your day with at least three things for which you're thankful. Really, truly pause and reflect on these things and notice the feeling a thankful heart brings. If you can write them, even better.



GIVE
thanks
with a
GRATEFUL
heart