

Baditude to Gratitude

When we turn "have to" into "get to," life gets a bit more positive!

Using this recipe for Gratitude, write examples from the book for each step of the recipe.

Recipe: Gratitude

Ingredients

Open mind
positive words
patience
smile

Instructions

1. Look for the positives.

2. Turn "have to" to "get to"

3. Wear a smile instead of a unibrow.

Gratitude helps keep away bad attitudes.
Try writing your own recipe for Gratitude!