



Gratitude Tuesday



Find a Penny!

Use a penny as a gratitude reminder.

Everytime you see a penny, take a moment to stop and reflect on something that you are especially grateful for in that moment.

The penny could be on your nightstand, on the ground, in a tip jar, or on a store counter. Where ever you might see that piece of change, it's a reminder to build gratitude into your day during times you might not normally stop to be grateful.

A penny may only be 1 cent, but when building gratitude into your day, it's priceless!

NAMI Vermont Minute:

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