

Reflections on Gratitude

Take a moment to reflect and appreciate.



REASONS
Eating Disorder Center

<p>Relationships I Value:</p> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	<p>My Strengths:</p>	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
<p>My Mind & Body:</p> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	<p>Meaningful Experiences I've Had:</p> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	
<p>My Goals & Dreams:</p> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	<p>About Recovery:</p>	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/>