

Top Secret Mission



Operation Gratitude Guardian Case File X00015

**** CONFIDENTIAL – FOR PAWSITIVE AGENTS ONLY ****

You've been selected for an elite mission to activate your appreciation powers and become a certified guardian of the Thank You vibe! Warning! This mission may cause spontaneous smiling, warm fuzzies, and heart-growing moments. Proceed with joy!

- 1) Do something that makes YOU smile and shout, "Wow, I'm so lucky!" Maybe it's swinging high, snuggling your pet, or dancing in your socks.
- 2) Say thank you three times today. Leave a surprise sticky note, give a compliment, or launch a full-on hug attack (permission first, of course).
- 3) In your Mission Journal, draw or list five things you're truly grateful for today — big, small, or even snack-sized.

When you've completed your mission, report to HQ (Code Name: Snack Drawer) and color in your Gratitude Guardian Badge.

Mission Gratitude Guardian complete!

Gratitude Guardian Badge

Awarded for recognizing what matters, appreciating others with heart, and spreading thankfulness like a true guardian of good vibes.





Gratitude is my attitude!