

# GRATITUDE SCAVENGER HUNT

**FIND SOMETHING  
OUTSIDE YOU ENJOY  
LOOKING AT**

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**FIND SOMETHING THAT  
IS USEFUL FOR YOU**

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**FIND SOMETHING YOU  
KNOW SOMEONE ELSE  
WILL ENJOY**

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**FIND SOMETHING THAT  
MAKES YOU HAPPY**

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**DISCOVER  
SOMETHING NEW**

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**FIND SOMEONE YOU  
ARE GRATEFUL FOR**

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**FIND SOMETHING THAT  
IS UNIQUE TO YOU**

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**FIND SOMETHING THAT  
MAKES YOU LAUGH**

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**FIND YOUR FAVORITE  
PLACE TO SPEND  
ALONE TIME**

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**FIND SOMETHING THAT  
REMINDS YOU OF THE  
PEOPLE YOU LOVE**

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To learn more about Working for a Healthier TN  
visit [www.tn.gov/wfhtn](http://www.tn.gov/wfhtn).

*"It is not joy that makes us grateful, it is gratitude that makes us joyful."*