Attitude of Gratitude

Last thing at night when you are brushing your teeth, learn to have an 'Attitude of Gratitude' & say 1 thing that you are grateful for in your life ….. a warm bed, a loving family, great dinners, lots of friends, a kind Grandma, a fast bike, going to a good school, having a garden, having a loving pet, having clean running water, having lots of toys or books …..

The idea of linking these 2 simple, quick and easy ideas to brushing your teeth is that you'll remember to do them, and you will create lots of happy, confident feelings to start and end your day - you'll also have gleaming teeth

Simples