

TREE OF THANKS

“Material comforts are only a branch, but the root of the exaltation of man is the good attributes and virtues which are the adornments of his reality.” —‘Abdu’l-Bahá

When someone gives you an awesome gift, you might write a sincere thank-you note. We feel grateful when we’re surprised by cool presents.

But what about the gifts you receive every day? You might not think of writing a thank-you card for the home you live in, the food you eat, or the school you go to—but just imagine life without them.

In the same way that a trunk gives a tree stability and strength, your basic needs help you grow strong. They make it possible for you to enjoy life’s “fruits,” or things that you want, but that aren’t required for your survival—like a new music player or the books you’ve had your eye on. When you’re grateful for your needs *and* your wants, life is much sweeter.

Inside the tree trunk, draw your basic needs—things you’re thankful for that you must have to keep your body, mind, and spirit healthy. On the branches, draw fruits with your wants inside—things you have that you’re thankful for, but could live without.

