

Tool #7 – Gifts of Many

What gifts did you give to your pet?

What gifts did your pet give to you?

Use this space to thank your pet for what he/she has given to you. For example, you can write about happy times, laughter, love, affection, companionship. Write whatever comes to your mind. You may wish to do this as if you were writing a letter to your pet or you can also do it in point form. Do this in the way you feel the most comfortable:

A large rectangular area containing a solid orange horizontal bar at the top and a series of horizontal lines for writing below it.

Journal page with a solid orange header bar at the top. Below the header, the page contains 20 horizontal lines for writing, providing a structured space for journaling.