

**Activity 8: Make a list of 100 things you are grateful for.**

There can be more than one hundred things but there can't be any less, because we have lots and lots of things to be grateful for!

In Surah Ibrahim, verse 7, Allah has told us, **“If you express gratitude, I shall certainly give you more...”**

The prophet also said, **“A person who is blessed with the ability to be grateful shall never be deprived of barakah and increase in blessings.”** (Reported by Ibn Marduwayh from Ibn Abbas-Mazhari).