



# APPRECIATE

## Part 2, Gratitude Rock Garden

Showing appreciation is key to finding good news, so we devoted a second stop as a space for the USF community to share good news.

### Take a Rock, Leave a Rock...

Take a rock when you need some good news... then leave a rock to pass on good news to others. This garden is meant to grow and be dynamic so when you come back and visit you can watch it bloom with good news! Can you find words or images you also appreciate? Did something make you smile?

“The happiest people in the world aren’t the ones who have the most. The happiest people are the ones who are the most thankful for what they have.”

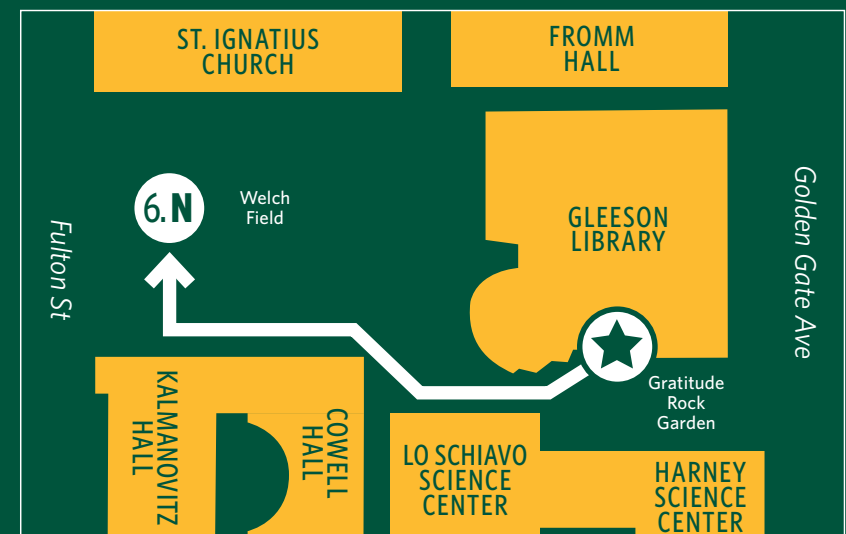
- Ruth Urban (Hal Urban's mother, 1913-2009)



Scan here to learn more about our **USF Gratitude Rock Garden!**

### NEXT STOP:

6. **N** = Nourish, Welch Field



★ You Are Here

**As you leave this space, think about what good news you would like to draw/write to leave for someone else...**