



The Gratitude Attitude Exercise

- The best part of my day was _____ .
- I learned today that _____. Why is this valuable?
- What I saw that was amazing/beautiful/incredible was _____.
- A true blessing that happened to me today was _____.
- I am so proud of _____.
- _____ is someone I can totally count on, and I am grateful for them.
- I am so excited about _____.
- Something funny or fun that happened today (not to a person or sarcasm) was _____.
- I feel so thankful that _____ happened today.

Gratitude Exercise

On the lines below, list out 10 things you are grateful for. In what ways would others know that we are grateful for these 'things'? What can we do to show this?

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____
- 6) _____
- 7) _____
- 8) _____
- 9) _____
- 10) _____