



# What are the things in your life that you are Grateful for?

Having a handful of things in your life you are grateful for, that you can train yourself to think about daily, will elevate your mood daily and lead to more great days! Also finding appreciation in small things daily (like enjoying the Sunday paper or your morning reading time) is also a key habit of living with an "attitude of gratitude" and experiencing the power it has on a person's life!

## 5 "big" things in your life you are Grateful for:

- 1. \_\_\_\_\_ why?
- 2. \_\_\_\_\_ why?
- 3. \_\_\_\_\_ why?
- 4. \_\_\_\_\_ why?
- 5. \_\_\_\_\_ why?

## 5 every-week things in your life you are appreciative of!

- 1. \_\_\_\_\_ why?
- 2. \_\_\_\_\_ why?
- 3. \_\_\_\_\_ why?
- 4. \_\_\_\_\_ why?
- 5. \_\_\_\_\_ why?

