

GRATITUDE is expressing appreciation and thankfulness for the people and things in our lives. Sometimes, knowing when to show GRATITUDE is pretty obvious: when someone holds a door, we say “thank you”. When someone gives us a gift, we know to show them that we appreciate it. Sometimes, however, if the people and things we are grateful for are in our lives every day, we can start to take them for granted

Every day for a week, write down five things you are grateful for

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
FRIDAY		SATURDAY	SUNDAY

Next, for each day, choose **ONE** of the things from your list, and tell me how you properly expressed your GRATITUDE for it (sorry, you’re gonna have to write kinda small on some of these...)

Monday I was grateful for _____ **and I showed my gratitude by**

Tuesday I was grateful for _____ **and I showed my gratitude by**

Wednesday I was grateful for _____ **and I showed my gratitude by**

Thursday I was grateful for _____ **and I showed my gratitude by**

Friday I was grateful for _____ **and I showed my gratitude by**

Saturday I was grateful for _____ **and I showed my gratitude by**

Sunday I was grateful for _____ **and I showed my gratitude by**