

Think about what GRATITUDE means, and how we express it. It's often easy (and obvious) to express GRATITUDE when something unusual or important happens. Expressing GRATITUDE for the day-to-day things in our lives can be more difficult.

Why do you think that would be the case? _____

Think about some people, things, and beliefs that you are grateful for. They can be in your life every day, or just on special occasions.

People you are grateful for

Because...

Things you are grateful for

Because...

Beliefs you are grateful for

Because...

During the week, go out of your way to express GRATITUDE to people around you. What did you do to express it? _____
