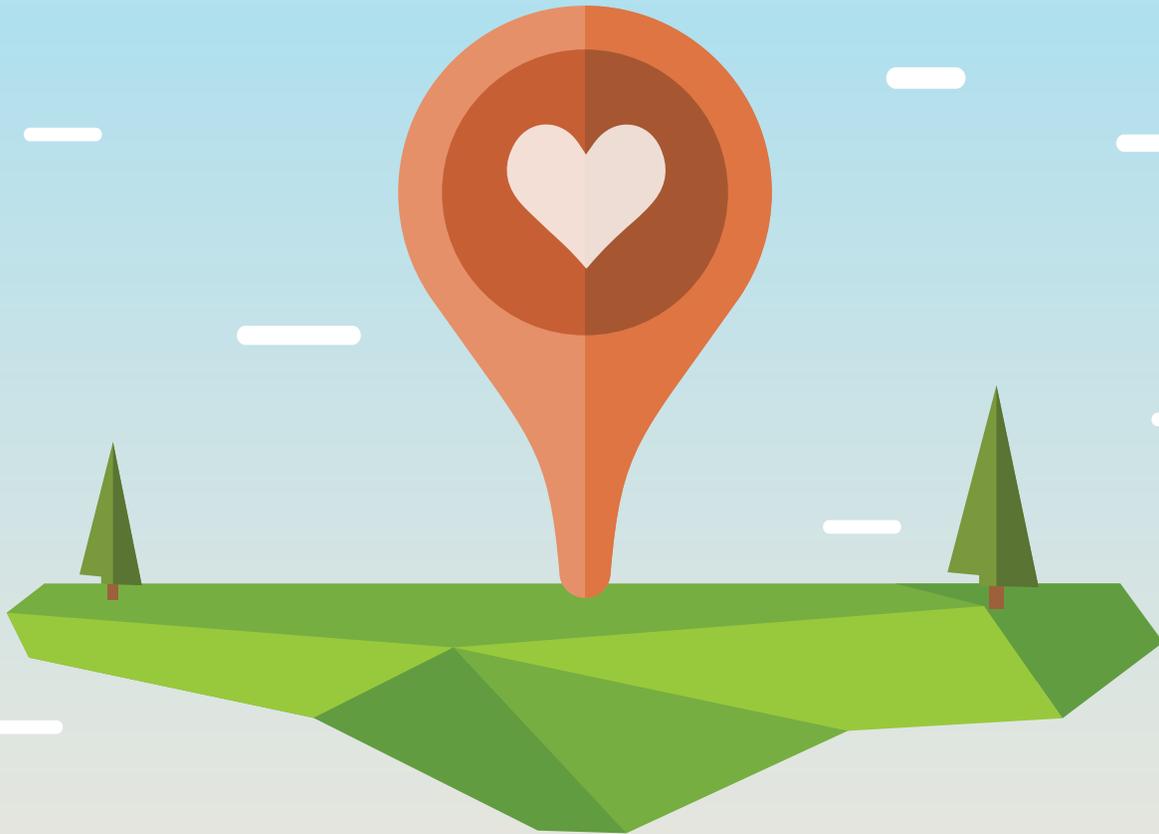


Gratitude Group Workbook



There is **always, always, always**
something to be thankful for.

NAME

Attitude of Gratitude Alphabet Challenge

Take time to write or doodle things you are grateful for that begin with each letter. How many things/people/etc. can you think of? Why are you thankful for each thing you've come up with?

A:

Date:

B:

Date:

C:

Date:

D:

Date:

E:

Date:

F:

Date:

G:

Date:

H:

Date:

I:

Date:

J:

Date:

K:

Date:

L:

Date:

M:

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N:

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R:

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S:

Date:

T:

Date:

U:

Date:

V:

Date:

W:

Date:

X:

Date:

Y:

Date:

Z:

Date:

Gratitude Reflection Questions

I'm glad I can (am able to):

I love these things about myself:

My best quality:

A moment in my life I am proud of:

I'm blessed by the people in my life, who are those I am most grateful for? How can I share my appreciation and gratitude for them?

What is something small to some that makes a big impact on my life?

What is one lesson I can look back on now and be thankful for?

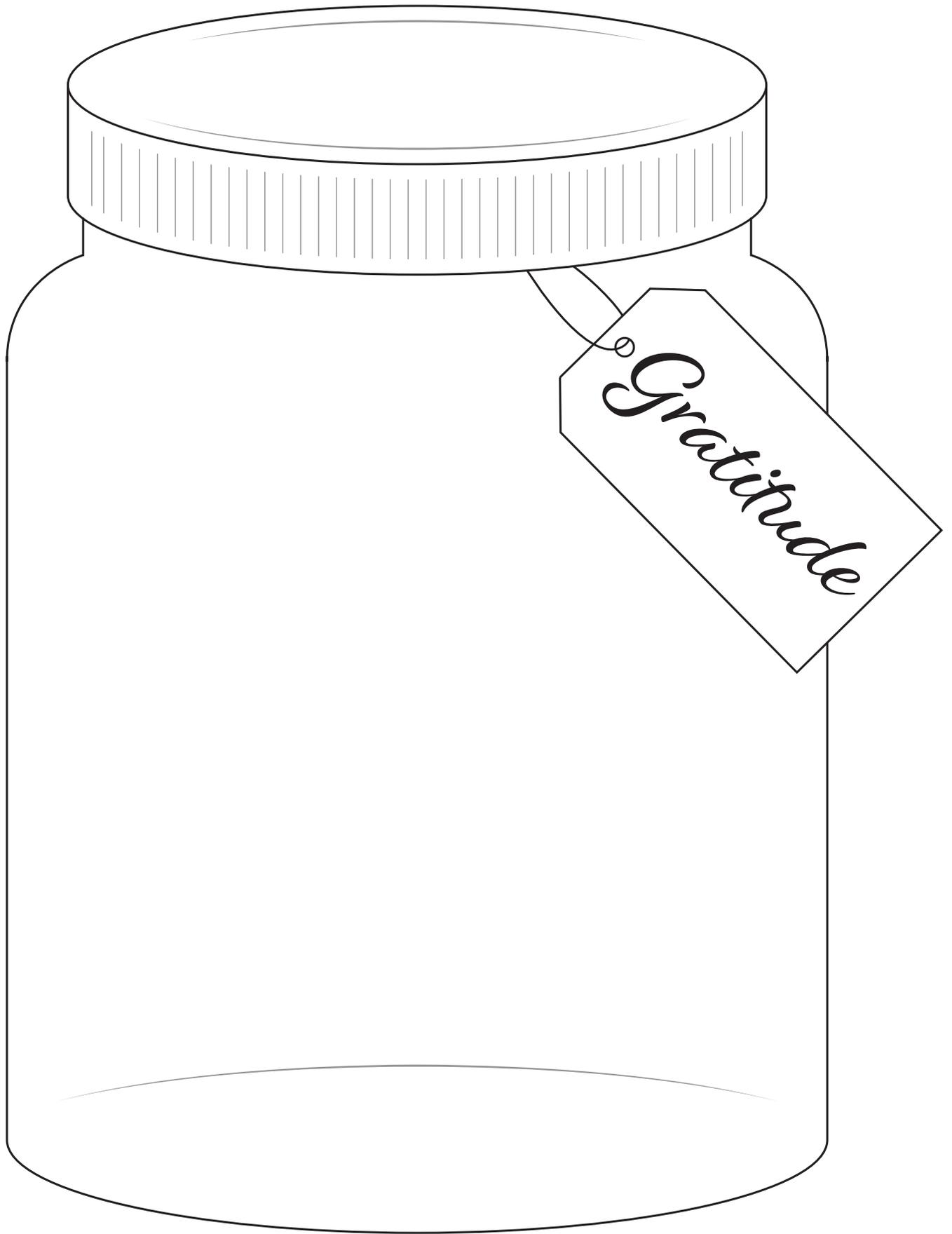
Something I'm really good at:

What is something in life that makes me so happy and so grateful?

Attitude of Gratitude Challenge List

Complete these tasks and watch your gratitude grow!

- Write a letter of gratitude to someone.
- Start a gratitude journal.
- Call someone who you are thankful for, and tell them!
- Pause in thanks before a meal.
- Pray in thanksgiving.
- Meditate in gratitude.
- Take a walk, relax in nature, and give thanks.
- Thank your body for the breath in your lungs.
- Listen to a podcast about gratitude.
- Hug your pet (a family pet) a little tighter today, show them your thanks.
- Check your perspective, reflect on your blessings today.
- Repeat all that are listed above as many times and create 3 of your own below!



Fill your jar with all the people, places, things, etc. that fill your heart with gratitude—post somewhere you can easily see each day to remind you of these blessings.

Gratitude is the single most important ingredient to living a successful and fulfilled life.

-Jack Garfield



When we focus on our gratitude, the tide of disappointment goes out and the tide of love rushes in.

-Kristin Armstrong



I would maintain that thanks are the highest form of thought, and that gratitude is happiness doubled by wonder.

-Gilbert K. Chesterton



As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them.

-John F. Kennedy



Gratitude Challenge:

Cut these gratitude cards out and write notes on the back side to share your gratitude with others. Although so quick and easy to do... putting your gratitude into motion & down on paper most likely will make a big impact on others!

Gratitude is when
memory is stored in
the heart and not in
the mind.

-Lionel Hampton



Gratitude makes
sense of our past,
brings peace for
today, and creates a
vision for tomorrow.

-Melody Beattie



Gratitude is one of the
sweet shortcuts to
finding peace of mind
and happiness inside.
No matter what is going
on outside of us, there's
always something we
could be grateful for.

-Barry Neil Kaufman



When I started
counting my
blessings, my whole
life turned around.

-Willie Nelson



Gratitude Challenge:

Cut these gratitude cards out and write notes on the back side to share your gratitude with others. Although so quick and easy to do... putting your gratitude into motion & down on paper most likely will make a big impact on others!

