

My Attitude is Gratitude

Exercise: Sharing Thanks

Sometimes taking a minute to reflect on the faces, places, and routines we take for granted can make all the difference in changing our brains. The more you do it, the better you'll feel.



Instructions



DEFINE

Write down what gratitude means to you.



REFLECT

Write down 3 things or people that you are grateful for, but easily take for granted.



RESPOND

Say 'thank you' in a meaningful, concrete way by writing a short note. Use at least 5 sentences to express why you are grateful.

Reflections & Actions

How did saying ‘thank you’ affect the other person?

How did it make you feel?

How can you make expressing gratitude for everyday blessings a regular part of your life?