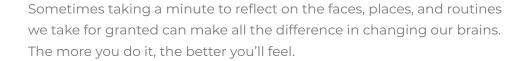
My Attitude is Gratitude

Exercise: Sharing Thanks





Instructions

	DEFINE Write down what gratitude means to you.
2	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?