

GRATITUDE REFLECTION

Take some time to reflect on the things you are grateful for. Fill in the blanks or answer the questions below.

Today's Date: _____

LIST THREE THINGS YOU ARE GRATEFUL FOR TODAY:

3 THINGS WHAT YOU LOVE ABOUT YOURSELF

WRITE ABOUT A RECENT ACT OF KINDNESS YOU RECEIVED:

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"If you are really thankful, what do you do? You share."
~ **W. Clement Stone**

WHAT IS ONE THING IN NATURE THAT YOU'RE GRATEFUL FOR?

• _____

WRITE DOWN SOMETHING YOU'RE LOOKING FORWARD TO WITH EXCITEMENT.

THE THINGS YOU CAN APPRECIATE

