



The way to develop the best  
that is in a person  
is by appreciation and  
encouragement.

- Charles Schwab

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It's not happiness that brings us gratitude.

It's gratitude that brings us happiness.

- Unknown

day \_\_\_\_\_

date \_\_\_\_\_

How is the quote above true?

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day \_\_\_\_\_

date \_\_\_\_\_

List an extended family member you are grateful to have in life.

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day \_\_\_\_\_

date \_\_\_\_\_

What is one compliment you're grateful to have received?

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day \_\_\_\_\_

date \_\_\_\_\_

What is one thing you're grateful to have let go of in life?

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day \_\_\_\_\_

date \_\_\_\_\_

Today, I am most grateful for:

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day \_\_\_\_\_

date \_\_\_\_\_

Where is a favorite place of yours and why are you grateful for it?

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day \_\_\_\_\_

date \_\_\_\_\_

Give someone a compliment today and write it here.

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# Growing in Gratitude

## Week One

What was the most challenging thing you faced this past week, and how did you overcome it?

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What are you most thankful for from this past week?

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What is one area of life you'd like to focus on expressing more gratitude in next week?

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Gratitude always comes into play; research shows that people are happier if they are grateful for the positive things in their lives, rather than worrying about what might be missing.

- Dan Buettner

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Gratitude helps you to grow and expand; gratitude brings joy and laughter into your life and into the lives of all those around you.

- Eileen Caddy

day \_\_\_\_\_

date \_\_\_\_\_

How is the quote above true?

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day \_\_\_\_\_

date \_\_\_\_\_

Name someone who has been kind to you.

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day \_\_\_\_\_

date \_\_\_\_\_

What is a talent or skill you have that you are really grateful for?

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day \_\_\_\_\_

date \_\_\_\_\_

Describe a happy memory you're grateful for.

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day \_\_\_\_\_

date \_\_\_\_\_

Today, I am most grateful for:

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day \_\_\_\_\_

date \_\_\_\_\_

What is something you own that has sentimental value to you?

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day \_\_\_\_\_

date \_\_\_\_\_

Thank someone who helps you in life. Who is that person?

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# Growing in Gratitude

## Week Two

What was the most challenging thing you faced this past week, and how did you overcome it?

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What are you most thankful for from this past week?

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What is one area of life you'd like to focus on expressing more gratitude in next week?

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