

gRATITUDE LIST

Writing down a list of all that you're grateful for can be a really powerful motivator. Respond to the prompts below or make your own list over the page.

1. What people are you most grateful to know?

2. What skills are you grateful to possess?

3. What in your home makes you grateful?

4. What places are you grateful to have visited/be able to visit?

5. What precious possessions are you grateful to own?

6. What about your body are you most grateful for?

7. What opportunity are you most grateful to have had?

8. What challenge are you grateful to have overcome?

9. What that you take for granted are you grateful for?

10. What about this particular day are you grateful for?

I'm grateful for...