

gratitude list

Sometimes people call these “Thank You Lists” or “Thank You God” lists. The goal is to write down as many things you are grateful for as you can every day! If you write 10, great. If you write 100 things you, that’s wonderful too.

They can be things like, “thank you for my working thumbs”, “thank you for my eyesight (if you have,)” or things like, “thank you for my job, my sister, my dwelling place, etc.” The more you state what you’re grateful for, the more grateful you become.

Practicing gratitude is one of the #1 things you can do to increase your own happiness.



- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____
- 6) _____
- 7) _____
- 8) _____
- 9) _____
- 10) _____