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# Gratitude Prompts

I am grateful for this ...

**Act of kindness:**

**Convenience:**

**Display of mercy:**

**Family member:**

2

# Gratitude Prompts

I am grateful for this ...

**Fortuitous event:**

**Friend:**

**Knowledge/Lesson:**

**Often-overlooked blessing:**

# Gratitude Prompts

I am grateful for this ...

**Personality trait:**

**Pleasant surprise:**

**Simple thing:**

**Skill/strength:**

# Gratitude Prompts

I am grateful for this ...

**Talent:**

**Teacher/Mentor:**

**Test of character:**

**Unique experience:**

# Gratitude Exercises

## Gratitude Jar

**Each day, write down one thing you are grateful for on a piece of paper. Fold it and place it into the jar. Open the jar whenever you're feeling overwhelmed.**

## Gratitude Rock

**Find a rock you like (because you like the color/texture/pattern, or because it's from a special place, etc.) Whenever you are feeling overwhelmed, hold the rock and remember all the things you are grateful for. Take a moment to be mindful and focus on the positive.**

## Gratitude Walk

**Go for a walk outside. Nature has an amazing ability to calm the nerves, clear the head, and lift the spirit. As you walk, look in awe at the natural beauty all around you. Think of all the things you are grateful for that you might typically take for granted such as the air that fills your lungs, the trees that give you shade, or the legs that allowed you to go on the walk in the first place.**

# Gratitude Exercises

Blank writing area for the first gratitude exercise.

Blank writing area for the second gratitude exercise.

Blank writing area for the third gratitude exercise.

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