

# GRATITUDE: MAKE IT A DAILY PRACTICE

Gratitude is when you take the time to notice the good you've received and show your appreciation. When you make practicing gratitude a habit, it can help you improve your well-being, performance, and relationships. Use the prompts below to help make growing your gratitude part of your daily routine.

Dates: \_\_\_\_\_

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Get excited for the week!</b>	<b>Don't take life for granted.</b>	<b>Share the love.</b>	<b>Express your gratitude.</b>	<b>Hunt the good stuff.</b>	<b>Appreciate the moment.</b>	<b>Pay it forward.</b>
<p>What are 3 things you're excited for this week?</p> <ol style="list-style-type: none"> <li>1. My son has his first basketball game of the year on Friday.</li> <li>2. I'll finish the report I've been working on for weeks.</li> <li>3. Watching football with my battle buddies tonight!</li> </ol> 	<p>What do you want to make sure you do NOT take for granted today?</p> <p>I don't want to take for granted the time I get to spend in person with my kids and wife. There are so many times I don't get to be with them.</p> 	<p>What made you laugh, smile, or feel loved today?</p> <p>How will you make others laugh, smile, or feel loved?</p> <p>My one-year-old thanked me "soooo much" for making her breakfast this morning.</p> <p>I can text my wife and tell her I love her.</p> 	<p>Who haven't you properly thanked for helping you?</p> <p>Send them a short message to show your gratitude.</p> <p>SFC Tobin truly went out of his way to prepare me for my new role.</p> <p>I can send him a quick email to let him know his extra effort has really helped me perform.</p> 	<p>What are 5 things that happened this week that you're grateful for?</p> <ol style="list-style-type: none"> <li>1. I got a full night's sleep—3 times this week!</li> <li>2. I finally finished that report.</li> <li>3. I played basketball with my son.</li> <li>4. My wife and I had a fun date night.</li> <li>5. My unit really supported each other during our fitness tests.</li> </ol> 	<p>What should you notice, savor, and appreciate right now?</p> <p>Air conditioning! I'm really comfortable right now and would be miserable without it.</p> 	<p>What's an experience, lesson, gift, or talent that helps you feel blessed?</p> <p>How can you pay it forward?</p> <p>I feel blessed for the good coaches and role models I had throughout my life. They were always there for me when things got tough.</p> <p>I'll go out of my way to congratulate Ricky, my son's teammate, for his performance in Friday's game.</p> 

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What are 3 things you're excited for this week?	What do you want to make sure you do NOT take for granted today?	What made you laugh, smile, or feel loved today? How will you make others laugh, smile, or feel loved?	Who haven't you properly thanked for helping you? Send them a short message to show your gratitude.	What are 5 things that happened this week that you're grateful for?	What should you notice, savor, and appreciate right now?	What's an experience, lesson, gift, or talent that helps you feel blessed? How can you pay it forward?
						