



# 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
<i>Get excited for the week!</i>	<i>Don't take life for granted.</i>	<i>Share the love.</i>	<i>Express your gratitude.</i>	<i>Hunt the good stuff.</i>	<i>Appreciate the moment.</i>	<i>Pay it forward.</i>
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?
						