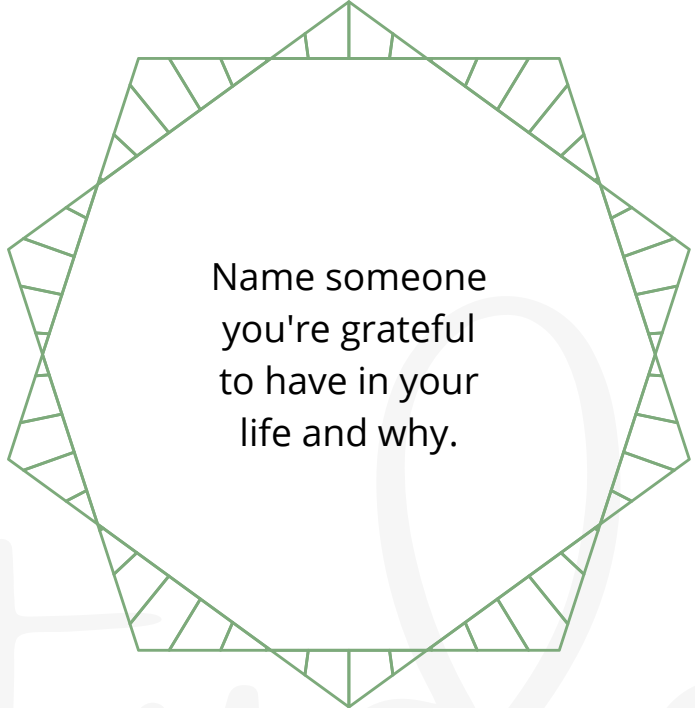



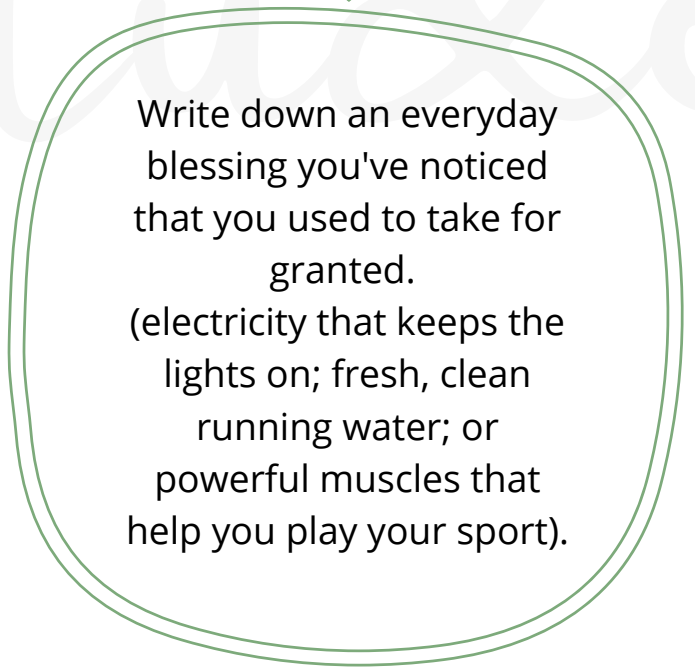
Write down a gratitude ritual  
you do now.  
(giving thanks before a meal  
or pausing before you go to  
sleep to think about what  
went well in your day)



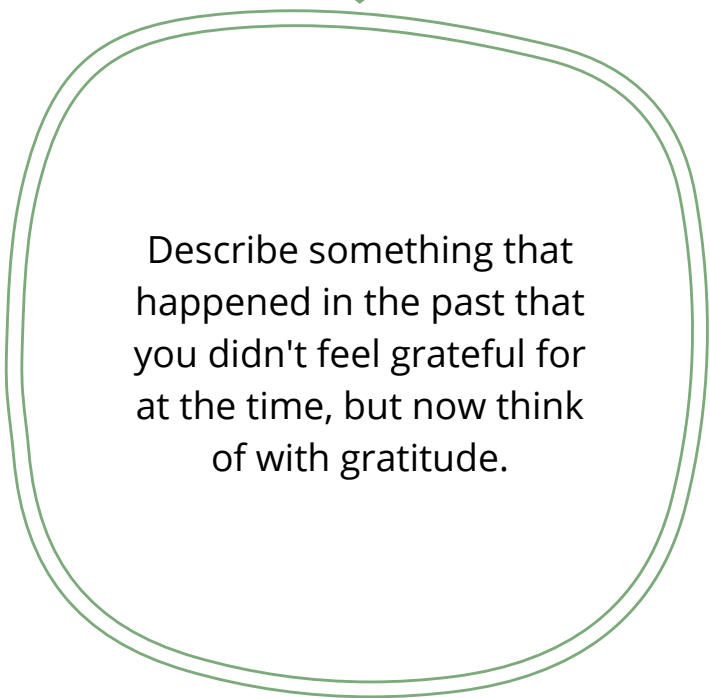
Name someone  
you're grateful  
to have in your  
life and why.



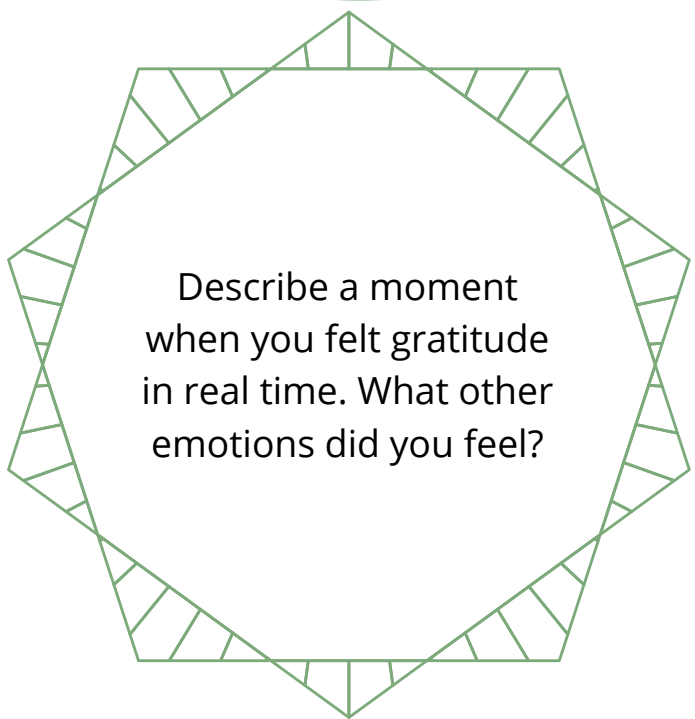
Describe a way you've  
thanked  
someone or intend to  
thank someone.



Write down an everyday  
blessing you've noticed  
that you used to take for  
granted.  
(electricity that keeps the  
lights on; fresh, clean  
running water; or  
powerful muscles that  
help you play your sport).



Describe something that  
happened in the past that  
you didn't feel grateful for  
at the time, but now think  
of with gratitude.



Describe a moment  
when you felt gratitude  
in real time. What other  
emotions did you feel?

