

Gratitude

Showing appreciation to those around me

Gratitude is the quality of being thankful—and the readiness to show appreciation for kindness (and to return it). By choosing to practice gratitude every day, I can improve not only my own well-being but also that of the people around me.

1. Who did I appreciate today? How did I show gratitude?

2. How did others respond when I showed them my gratitude?

3. How did practicing gratitude feel? How did it change my day?

4. How would my daily life be different if I found at least 3 things to be thankful for each day?

5. How can I inspire others to find and practice gratitude in their own lives?

6. What will I do tomorrow to practice gratitude?

Whenever we are appreciative, we are filled with a sense of well-being and swept up by the feeling of joy. — M.J. Ryan