

Top 10 Ways to Show Your *Gratitude and Appreciation*

WORKSHEET

1. What do I have to be grateful for in my life?

2. What good things happened today?

3. What will I do, today, to express gratitude to my partner, family, friends, or children?

4. How can I give back to those who have helped me become who I am today?

5. How can I give back to those who least expect it – for example, the less fortunate in my community?
