

# Day 3 -GRATITUDE EXERCISE The different ways I'm grateful

Here's a simple gratitude exercise that provides various prompts about the different ways you may be grateful. For those days when a blank piece of paper feels daunting, just print off this primer and get a quick gratitude adjustment. Try it out. You'll see that point form gratitudes can be powerful too.

5 things I love about my life

1	
2	
3	
4	
5	

3 Strengths/Super Powers


One food I love



--

4 people who matter to me


Activities/hobbies I enjoy

1	
2	
3	
4	
5	
6	
7	

4 things I do really well

1	
2	
3	
4	
And 1 thing I'm AMAZING at:	

5 positives about my health /my body

1	
2	
3	
4	
5	

One thing I'm excited about right now is...

