Living Gratitude

1. How did I show gratitude today?
   - ☐ Said thank you
   - ☐ Reached out
   - ☐ Helped someone
   - ☐ Took care of something I value
   - ☐ Noticed something to appreciate something
   - ☐ Gave my time, support, or love something minor
2. What am I taking for granted right now?
3. Is there someone I need to thank while I still have the chance?
4. What do I want to notice more tomorrow?

Closing question:
If I paid more attention to what is already good, what might feel different about my life?

Gratitude grows where attention goes.



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Daily Gratitude

1. What am I grateful for today?
   Not what I **should** be grateful for.
   What **actually** feels meaningful?
2. Who made my life a little better today?
3. What did I have today that I once wished for?
4. What small thing did I almost overlook?
5. What was difficult today, but still taught me something?

Gratitude changes what I notice.



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