PRACTICE EXERCISES
GRATITUDE
WEEK THREE

★ The number of stars represents the degree of difficulty. ★

Take Your Pick

The next three exercises ask you to think of a person who fits the description of someone to be thankful for and then provides one of many ways to express gratitude. In each case, identify the person and follow through with the assigned manner of showing gratitude.

★ **Do one of the three, check the one-star box.****
★★ **Do a second, check the two-star box.**
★★★ **Do a third, check the three-star box.**

** Referring to the Progress Points chart boxes. In other words you have the possibility of racking up 6 points if you do all three.

OUTSTANDING UNDERSTANDING

DESCRIPTION: Someone who listens to you no matter what you're going through, how you're feeling and what you say. They offer patience, possibly advice, and understanding without being judgmental.

Write name of person here

GRATITUDE EXPRESSION: Someone who listens is a person you can have easy conversation with. So take them out for coffee (or something similar) with the specific goal of telling them how much they mean to you.

LIGHTENS MY LOAD

DESCRIPTION: No matter what you have to do or how much you have going on, this person is someone who is always there to say. "What can I do to help?" or even anticipates what you need before you have to ask.

Write name of person here

GRATITUDE EXPRESSION: Since this person is always helping you, what better way to say thanks than to think of something that would lighten his or her load, and do it as a surprise. If it's something you could attach a note to, do that too.

HOWDY PARTNER

DESCRIPTION: Someone who is willing to join you in pursuing some goal, task, or challenge so you don't have to go it alone.

Write name of person here

GRATITUDE EXPRESSION: Take a picture of you both together, maybe in the setting or doing the task/goal you shared. Get it printed (and framed if you can afford it) and give it to that person with a word or card expressing appreciation.

Want all 30 gratitude exercises in our full-color 60 page workbooks? **bit.ly/gratitude-hardcopy** or scan the QR code.

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