PRACTICE EXERCISES

GRATITUDE

WEEK TWO

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

Where's the Gratitude?

Neal Maxwell wrote: **"We should certainly count our blessings, but we should also make our blessings count."** Aren't you a little disappointed when you give a person a gift, they say thank you, but you never see them using the gift? That can happen with us regarding blessings in our lives. Think of something you count as a blessing in your life, but you are under-utilizing it. Write it in the space below and think of how you can make it count for more good in your life or in the lives of others.

It's Been a Long Time... Too Long.

The older we get the clearer it becomes just how much people did for us. For example, as a child you might have said thank you to your parents along the way. But anyone who becomes a parent quickly realizes how much more their parents sacrificed for them that they never realized at the time.

In this exercise your goal is to look back in time. Identify people whom you may have thanked because of what they've done for you. But dig a little deeper for something more profound you've never thenked them for. Then get in touch with them and share that specific word of thanks. Do that for three people.

PERSON #1 and why I'm grateful.

PERSON #2 and why I'm grateful.

PERSON #3 and why I'm grateful.

Taking the Good With the Bad

Everyone knows that good often occurs after or even during very troubling circumstances. The problem is that "potential good" is very hard to see while the "actual bad" is happening. If you are ever to become a habitually grateful person, you will have to become adept at seeing the good in the bad. On the back side of this paper write down three challenging things you are going through currently. Beneath each one write down something good that can come of that difficulty. Then start expressing thanks for the potential good before you see it happening.

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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