PRACTICE EXERCISES
GRATITUDE
WEEK ONE

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

Ways Gratitude Behaves

★

Being grateful is a full-time job, because reasons to be grateful are constantly present...if you pay attention. Your task is to read the descriptions of some ways gratitude behaves in the column to the right and identify a person who is an admirable example of gratitude in that way. Then, finally, come up with two more ways grattiude behaves and the people who are good examples of it. Admiring others helps you become like them.

Is really good about sending follow-up notes or verbal thank you's for little things people have done.	
Starts the day with a tone of expectancy that good things will happen.	
Sees blessings and benefits in things most people miss.	
Thanks people whose efforts go unnoticed.	
Do two more of your own. _____ _____	_____ _____

Write Fan Mail

★★

In the one-star exercise above you identified at least one person who exemplifies each of the "ways gratitude behaves." Perhaps you referenced the same person more than once or you thought of a different person for each example. Since gratitude is not complete until it is expressed, take time to write a piece of fan mail, i.e. a note that briefly explains what you admire about their example of gratitude and how that inspires you. If you are interested in sending a custom post card, you can order a set of 10 by going to **fresh-impact.com/postcards**



When Your Feet Hit the Floor

★★★

What's the first thought that goes through your mind when you roll out of bed? Maybe it's something like, "Ohh, my back is so stiff." Somehow you've got to control the first thoughts you have in the morning. Your assignment is to identify a thought that would help you set your mind on gratitude for the day. Then create some kind of "mnemonic device" to help you remember to think that thought. Write the thought and the mnemonic device below.

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

© 2025 Fresh Impact