**Weekly Gratitude**

|  |  |  |  |
| --- | --- | --- | --- |
|  | 1 | 2 | 3 |
| Day 1 |  |  |  |
| Day 2 |  |  |  |
| Day 3 |  |  |  |
| Day 4 |  |  |  |
| Day 5 |  |  |  |
| Day 6 |  |  |  |
| Day 7 |  |  |  |

**Expressing gratitude – wording and main areas**

**Wording examples:**

* I am grateful for (what?) because (why?)
* I am truly blessed to have (what?) because (why?)
* I am truly grateful for (what?) because (why?)
* I am so happy and grateful for (what?) because (why?)
* With all my heart thank you for (what?) because (why?)

**Main areas:**

* Health & mind
* Work & success
* Education
* Relationships (humans and animals)
* Nature
* Material goods & services
* Love & passions