



GRATITUDE

Gratitude is defined as the quality of being thankful; readiness to show appreciation for and to return kindness. In order to elicit the most effective form of practicing gratitude, one must recognize that they have obtained a positive outcome and then recognize that there is an external source for this positive outcome. There are 3 primary types of gratitude:

Gratitude As

- 1 **An Affective Trait** - One's ability or overall tendency to have a grateful disposition.
- 2 **A Mood** - Daily fluctuations in overall gratitude.
- 3 **An Emotion** - A temporary feeling of gratitude that one may feel after receiving a gift or a favor from someone.

PRACTICING GRATITUDE

DAILY REFLECTIONS

1. Something good that happened today or yesterday was _____
2. Someone who I am grateful for is _____ because _____
3. A place that I am grateful for is _____ because _____
4. I am grateful for who I am because _____
5. Tomorrow, I am looking forward to _____

THINGS I'M GRATEFUL FOR

WHAT I'M GRATEFUL TO BE LEARNING

1. _____
2. _____
3. _____