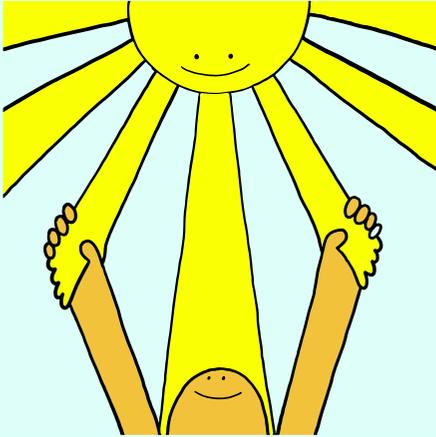


# Gratitude



GRATITUDE IS ABOUT NOTICING AND APPRECIATING THE POSITIVE THINGS IN YOUR LIFE.

## Discussion Questions

**1.** What does it mean to be grateful?

**2.** How do you show gratitude to yourself and others?

**3.** Why is it important to show gratitude?

# Take Action

**1.** Take one minute to silently reflect on one person you are grateful for. What have they done to make your life better? How have they supported you? How does it make you feel?

**2.** Write a letter of gratitude to a person who has made a difference in your life. Tell them why you are grateful and why they're important to you! Share the letter with that person or with someone on your family.

“SHOWING GRATITUDE IS ONE OF THE SIMPLEST YET MOST POWERFUL THINGS HUMANS CAN DO FOR EACH OTHER.”

RANDY PAUSCH

