

Attitude of Gratitude

Your challenge for the next five days is to keep a “Daily 10,” or the 10 things you are most grateful for each day. These things can be big, small, or in between. **Whatever you appreciate about your day, write it down!**

At the end of the five days, turn the page and take a moment to reflect by answering five questions.

Day 1

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

Day 2

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

Day 3

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

Day 4

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

Day 5

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

You did it! You practiced gratitude.
Review your lists from the past five days
and answer the following questions:

What came up the most
often across the five days?

What did you include that you
often take for granted?

Did any of the things you wrote down
bring a smile to your face as you
reviewed the list?

What can you do moving forward that will make
room for more gratitude in your day-to-day life?

How did keeping a gratitude list change
your mood, attitude, or outlook on life?