



POSITIVITY & GRATITUDE

"Be happy with what you have while working for what you want." -Helen Keller

Write down & describe 3 things that you are grateful for today.

- 1.) _____

- 2.) _____

- 3.) _____

This week I am looking forward to... _____



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"Gratitude helps us see what is there instead of what isn't" – Annette Bridges

The best part of today has been... _____

When was the last time you laughed and what did you laugh at... _____



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"When we focus on our gratitude, the tide of disappointment goes out and the tide of love rushes in." -Kristin Armstrong

What's a tradition I am grateful for... _____

My favorite way to spend the day is... _____



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"Piglet noticed that even though he had a very small heart, it could hold a rather large amount of gratitude." - A.A. Milne

Make a list of 10 things that make you smile.

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

What is a mistake that I've made as a co-parent, which ultimately led to a positive experience... _____



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"Cultivate the habit of being grateful." -Ralph Waldo Emerson

What is the biggest lesson I learned in childhood... _____

Consider the past week, what brought me happiness? How could I tell I was experiencing happiness... _____



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"Too many of us are not living our dreams because we are living our fears." - Les Brown

How are you able to help others... _____

Write about three things you are grateful for today...

- 1.) _____
 - _____
 - _____
 - _____
 - _____
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- 2.) _____
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 - _____
 - _____
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- 3.) _____
 - _____
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 - _____
 - _____
 - _____



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*"He is a wise man who does not grieve for things which he has not,
but rejoices for those which he has." - Epictetus*

List 10 places you are grateful exist and why...

- 1.) _____

- 2.) _____

- 3.) _____

- 4.) _____

- 5.) _____

- 6.) _____

- 7.) _____

- 8.) _____

- 9.) _____

- 10.) _____



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“Learning the art of expressing gratitude will force you to focus on the positive” – Jim Rohn

List 5 objects in your life you're grateful to have and why....

- 1.) _____

- 2.) _____

- 3.) _____

- 4.) _____

- 5.) _____

What is my 3rd best quality or strength... _____

